



The NEW YOU

May 2019
Binghamton Edition

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

Natural Good Looks and Healthy Legs: Our Specialty!

From The Desk of Dr. D



It must be spring cause I got my snow tires changed to all seasons! It is 66 degrees as I write this the end of April. I wish the rain would stop though - need to get my plants in the ground. My gorgeous 75-acre private farm in



Delaware County is still on the market so if you know anyone who wants to retire to the farm life, call my realtor **Joanne Callahan** at

CallahanCatskillRealestate.com. Pictures at Tinyurl.com/DrDFarm. Speaking of real estate if you need a mortgage broker, call my friend **Jacques Laubert** at Homestead Funding JLaubert.homesteadfunding.com.

Family: We are picking **Ilsa** up in Cooperstown to spend Easter with her over Brunch in Syracuse. My wife **Laura** is headed to Sicily for a Culinary Tour led by the winner of Chopped and other food shows, Ricorlando.com. She's also starting her second Masters in English as Second Language at BU. She will be teaching most of this summer online for SUCO. She's just a busy as I am! **John** is headed to see Hope in California over Memorial Day if all goes as planned. **Claire** on track to graduate summer of 2020. YaY! She loves her job as a veterinarian's assistant but every time I see her, she has another bite, scratch or bruise from working with the animals! She's also exploring moving in with her 2 brothers into their apartment but she said, "Things are going to have to get cleaned up there!" My brother **Bret** has facilitated the sale of my mother's homestead in Pennsylvania, much to all of us kid's relief.

My Goings Ons: Now that I'm 60 and have been serving the area for over 25 years, I've given myself a birthday present of cutting down

to 4 days per week. Yes, there was screaming and yelling and spitting and biting (and that was just from my staff), but it is a good decision for me as I will get to enjoy 3 day weekends during the summer!

Speaking of summer - I'm opening my camp the end of April so as a treat I bought a nearly new golf cart from **CNY Custom Golf Carts in Norwich**. They were a pleasure to work with and came up with just what I needed to toddle about the campgrounds. Check them out at CnyCustomCarts.com. The **Jim Thorpe Film Fest** is happening at the same time that I open the camp so it's even better for a film buff like me!



I toured the Easter Egg Museum in Schoharie - see my pics at Tinyurl.com/EasterEggMuseum



Laura and I attended **An Act of God** comedy at **Hartwich Lab Theater** in April as well as the catskillplayers.org play with

Dr Ben Friedell who was hilarious. We also were able to go to the last International Dinner at the **Otesaga Hotel** featuring food from Iran: Barbari Bread, Kebab Morgh, Khoresh Bademjan, and Saffron Rice Pudding... Yum!



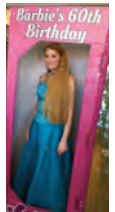
I'm listening to the latest round of books from my favorites authors: Lee Child, John Sanford, and Michael Connolly. Also just in my mailbox is a book by a good friend of mine: **50 Must-Read Business Books to Grow Your Practice** by *Dustin Burlison*.

I broke down and bought some new seersucker and linen shirts for the summer from LLBean. I forgot how convenient that is!

New Stuff at the Office: If you want to smooth out your proboscis then nonsurgical **Nose Restoration** with Restylane Lyft may be just what the doctor ordered. This is a 15-minute treatment that can fill in a hump or bump without major nose surgery.

My staff is now listed on the website: NYSVC.com/About.

We were featured on not one but **TWO TV programs** in April in regards to the Barbie's 60th Birthday Party: Go to NYSVC.com/in-the-news. You can see photos of the party on Page 7 of this newsletter too.



The American Assoc of Dermatology is affirming that **Platelet Rich Plasma Therapy (PRP)** can help restore hair loss without pills, transplants, or surgery. Want to learn more? Call us for your consult now!

Got Wrinkles?

Join The Club!
Smooth away your wrinkles and sove!
Join our VIP Club and Receive Bonus Treatments and Skin Care Products.
Get Special Pricing and an Easter Way to Pay! Ask Today!

Our **VIP Botox Club** is so popular we may have to stop taking new members! It starts at only \$129 per month and includes your quarterly wrinkle relaxer, a free peel or laser treatment, free skin care products, and a percentage off everything else you desire. My injection nurses are so busy that they're crying, uncle. Get in while you can. Call Denise at 607-286-0061 to get more details.

We just got in the **latest VIP gifts** including sunglasses, coffee cups, and water bottles. Ask for yours today!

We're having the last Dinner Party of the season in Binghamton this month. See page 8 for details.

Quote of the Month:

Four things without which I would have been better: love, curiosity, freckles and doubts

— Dorothy Parker —

"I can't fix your lovelife, your curiosity or your doubts, but I do have the cure for freckles!"
Dr Dohner

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Mommy Makeover and Menopausal Madness Dinner Party</p> <p>Binghamton Office Thursday, May 30th From: 6pm til 8:30pm</p>			 <p>1</p>	 <p>2</p> <p>Baby Day</p>	 <p>3</p>	 <p>4</p> <p>KENTUCKY DERBY Day</p>
 <p>5</p>	 <p>6</p> <p>Jazz Session</p>	 <p>7</p> <p>National Teachers Day</p>	 <p>8</p>	 <p>9</p> <p>DINING IN THE DARK</p> <p>Holiday Inn</p>	 <p>10</p> <p>Gordon Lightfoot State Theater Ithaca</p>	 <p>11</p> <p>A NIGHT AT THE BALLET</p>
 <p>12</p> <p>Mother's Day and Jazz Vespers 30 Main St. 5pm Binghamton</p>	 <p>13</p> <p>Leprechaun Day</p>	 <p>14</p> <p>Binghamton Chamber of Commerce Annual Dinner</p>	 <p>15</p> <p>Broadway In Binghamton presents: The Sound of Music The Forum</p>	 <p>16</p> <p>Small Business Association Presents Eggs and Issues: Marijuana Holiday Inn</p>	 <p>17</p> <p>Joe Jackson Palace Theater Syracuse</p>	 <p>18</p> <p>CHOCOLATE & WINE FESTIVAL MONTROSE, PA</p>
 <p>19</p> <p>Binghamton University Graduation</p>	 <p>20</p> <p>Jazz Session</p>	 <p>21</p> <p>National Waitstaff Day (Tip Your Waitperson!)</p>	 <p>22</p> <p>World Goth Day</p>	 <p>23</p> <p>Lucky Penny Day</p>	 <p>24</p> <p>General Clinton Canoe Regatta Weekend Bainbridge</p>	 <p>25</p> <p>CHENANGO RIVER THEATRE</p> <p>A Doll's House Pt 2 thru June 16</p>
 <p>26</p> <p>EVERY DAY!</p>	 <p>27</p> <p>MEMORIAL DAY</p>	 <p>28</p> <p>AMNESTY INTERNATIONAL</p>	 <p>29</p> <p>sign up</p> <p>GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers info@NYSVC.com</p>	 <p>30</p> <p>Mommy Makeover</p>	 <p>31</p> <p>Grecian Festival Vestal thru June 1</p>	

Address/links to events: Watters Theatre/Anderson Center: Binghamton University (www.binghamton.edu/anderson-center/) - SUNY Broome: Binghamton, NY (www.sunybroome.edu) - Magic City Music Hall: Binghamton, NY (www.themagiccitymusicall.com) - The Forum Theatre: Binghamton, NY (www.broomearenaforum.com) - Endicott Performing Arts Center (EPAC): Endicott, NY (www.endicottarts.com) - Goodwill Theatre: Johnson City, NY (www.goodwilltheatre.net) - DoubleTree Hotel: Binghamton, NY (www.doubletree3.hilton.com) - KNOW Theatre: Binghamton, NY (www.knowtheatre.org) - Binghamton Theater Organ Society: Binghamton, NY (www.binghamtontos.org) - Anthony Brunelli Fine Art: 186 State St, Binghamton, NY (www.anthonnybrunelli.com) - Chenango River Theatre: 991 NY-12, Greene, NY (www.chenangorivertheatre.org) - Doug's Fish Fry: (www.DougsFishFry.com) - Tioga Downs Casino Nichols - St. Anthony of Padua Church, 306 Odell Avenue, Endicott, NY- Greek Festival: (www.annunciationvestal.ny.goarch.org/grecian-festival) - NY Faerie Festival: Ouaquaga NY (www.nyfaeriefest.com) - NYS State Fairgrounds, Syracuse (www.nysfair.org/event/2016-empire-brewfest/)

NEW YORK SKIN & VEIN CENTER - 75 Pennsylvania Ave.,(Next to BGH) Binghamton, NY 13903 - (607) 286-0694
 also at 6 Country Club Rd., Oneonta, New York 13820 - (607) 286-0061 and 157 East Main St., Norwich NY - (607) 286-0695
info@NYSVC.com - www.NYSVC.com

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

Natural Good Looks and Healthy Legs: Our Specialty!

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.



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

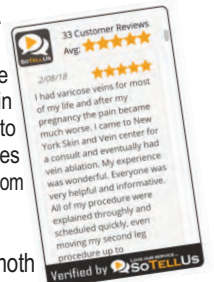
Why Do I Write This Newsletter to You Every Month? The New You is a monthly conversation about life as it looks from the helm of New York Skin and Vein Center. I believe in strong relationships; and this newsletter is my way of showing you who we are.

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.

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.

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.



We Have the Solution for Anything Your Face or Body Needs

- Tighten Turkey Neck, Batwings & 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
- 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
- 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

Upcoming Events:

This summer you'll see us at **Tricities Opera**, in the Binghamton Press, on radio and TV, and keep reading the newsletter!

September: The New You Dinner Party

October: See Us at RISE 40th Celebration October 18th



We Get Mail!:

Dear Dr. Dohner,

I hope I can express in words the deep gratitude I feel for you. You are the most extraordinary man I have ever met in my lifetime.

You have an extremely generous giving heart and an unparalleled compassion to help others. Thank you for making my 65th birthday feel so much fun and festive with your "Barbie 60th Birthday Party." It was an event I will never forget!!

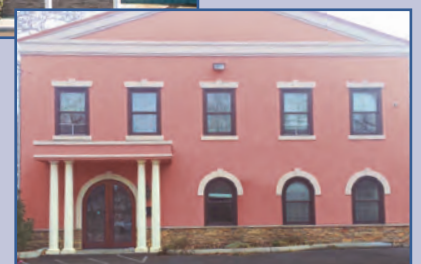
Thank you for your special gift to me with the Botox and filler Injections. I can't even begin to tell you how they are helping me with my confidence and self esteem.

Thank you!!! I am so grateful Dr Dohner - *Rita Carr*



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
Facebook:NewYorkSkinandVeinCenter - Visit our website at www.NYSVC.com**



Dr D's Fast Farfalle Dinner

(serves 4)

Being a doctor means that you are never really "off duty" so sometimes dinner can get interrupted. This quick and easy recipe is perfect when time is short and leftovers heat up nicely allowing for an even quicker lunch the following day! But don't think of this recipe as "basic" I've been known to serve it at dinner parties too - just serve with my delicious Caesar salad when company comes.

Ingredients:

- Sea salt
- 10 slices pancetta or thick bacon
- 1 pound dried farfalle pasta
- 2 tablespoons olive oil
- 1 tablespoon butter
- Freshly ground black pepper
- 2 cups frozen peas
- 2 tablespoons heavy cream
- 2 tablespoons fresh sage leaves
- Juice of 1/2 lemon
- 6 ounces grated Parmesan cheese

Directions:

Bring a large pot of lightly salted to boil. While water comes to the boil julienne the pancetta. Add pasta to boiling water

In a large skillet over medium heat, add 2 tablespoons olive oil and the butter. Add pancetta and fry until crisp. Add frozen peas and stir for a minute or two. Add heavy cream and sage.

Drain the pasta and stir into the sauce. Add lemon juice, and salt and pepper to taste. Bring to a simmer and remove from heat. The sauce will be thick but if you prefer a little milk may be added to the sauce to thin it out.

Divide into 4 dishes and top with parmesan.

My Delicious Caesar Salad

(serves 4)

Caesar dressing is easy to make and so much more delicious when homemade. One of my "top ten" meals of all time featured a rotund old fashioned waiter making Caesar dressing tableside in a huge wooden bowl New Years Eve in Rochester in 1991.

Ingredients:

- 1 clove of garlic, finely chopped
- 2 egg yolks
- 2 tbsp white wine vinegar
- 2 tsp Dijon mustard
- 8 drained anchovy fillets (see directions)*
- 3 tsp Worcestershire sauce
- 1 cup olive oil
- 3 baby cos lettuce, leaves separated

Directions: Process garlic, 1 tsp of sea salt, yolks, vinegar, mustard, 4 of the anchovies* and Worcestershire sauce using a food processor until combined. With the motor running, add olive oil in a slow steady stream until dressing is thick, then season to taste with a pinch of sugar, sea salt and freshly ground black pepper

Place lettuce leaves, parmesan, and enough dressing to coat in a large bowl add croutons and toss well to combine. Divide into serving bowls and top with reserved anchovies. Serve immediately.



Summer Rose

This fresh, floral and light cocktail gets its blush from fresh blueberries. It's easy to make and Mom will love it! (serves 1)

Ingredients:

- 2 oz. dry gin
- 1 oz. fresh lemon juice
- 1 oz. lavender simple syrup*
- handful of fresh blueberries

Directions: In a shaker, muddle the blueberries then top with ice. Add the gin, lemon and syrup. Shake and strain into a chilled coupe.

***For the lavender syrup:** Bruise ¼ cup of dried lavender in a plastic bag with a rolling pin. Add 1 cup of granulated sugar to 1 cup of water and bring to a boil, stirring until the sugar is dissolved. Add the lavender leaves and simmer for 5 minutes. Cool slightly. Buzz through a blender (hold a kitchen towel over the lid so it doesn't explode). Cool overnight and strain into a bottle. Keeps for 2 weeks refrigerated.

Learn How This Simple In-Office Procedure Can Give You Similar Results To A Face Lift

Sagging facial skin is one of the major contributors to an aged, tired appearance and it's one of the top five reasons why women seek out my help. In fact, if I had a nickel for every woman who has ever sat in my exam room, pulled back the skin on her face and said, "All I need is for you to make my loose skin stay up here" I'd be a very wealthy man living in Key West!

Until recently the only way to lift that loose skin was with an expensive surgical facelift but now, fortunately, that is no longer the case. We now offer Silhouette InstaLift, a non-surgical, quick recovery "lift" that can take years off your appearance without the trauma of surgery and with very little downtime!

What is Silhouette InstaLift?

Silhouette InstaLift is a combination of small bi-directional cones and sutures which provide fixation points for your elevated skin. Think of a needle running thread gently pulling delicate silk; slowly the thread repositions the silk. The cones are "knots" that hold the thread in place. This combination of medical sutures and bi-directional cones (which allow the skin to continue to move naturally) is what reshapes the contours of your face for a more youthful appearance

Silhouette InstaLift is a minimally invasive non-surgical procedure that redefines the contours of the midface by lifting the deeper layers of the skin. But we aren't just repositioning skin! Silhouette InstaLift's unique dual-action treatment produces two desirable facial outcomes:
immediate lifting of the tissue in the mid-face area and
a gradual regeneration of collagen to add volume, a result that gets better over time. be desirable both medically and cosmetically

How Long Does The Procedure Take?

Silhouette InstaLift takes just 45 minutes and creates an immediate mid-facelift and gradual revolumization similar to a mini-facelift but without the downtime required by surgery.

What Should I Expect?

The lifting effect is immediate and discreet. It is the result of skin elevation at the time of the procedure. After inserting the sutures, your physician will adjust your skin to the desired elevation and use bi-directional cones on the sutures to hold it in place. In this way, the physician reshapes the contours of your face for a more youthful appearance

Gradual Regeneration Of Collagen

Silhouette InstaLift acts in the subcutaneous tissue and stimulates

fibroblast activation and the gradual production of Type I and Type III collagen. Silhouette InstaLift sutures are made from a material that is well known and has been used for more than 30 years in a number of biomedical and pharmaceutical applications.

What To Expect During And After My Procedure

We begin by using a marking pen to determine exactly where the sutures should be placed in your skin to give a very natural result. Next, you will be injected with a local anesthetic to numb the area and the (fully resorbable) sutures will be inserted (the number of sutures varies from patient to patient). Once the sutures have been inserted, your skin will be repositioned to obtain the desired lifting effect. The ends of the sutures are then trimmed away. The number of sutures you will require depends upon skin laxity, the condition of your skin and your cosmetic needs. This will be discussed with you during your initial consultation



Silhouette InstaLift is relatively pain-free. You will be some mild bruising after the treatment and initially, you might experience some inflammatory reaction but this is temporary and the lifting effect is immediate.

The bi-directional cones of the suture are used to lift the skin and keep it in an elevated position. The collagen generation is gradual. This action, which continues over time, restores the contours of the face and offers long term results

Is Silhouette InstaLift Right For Me?

Silhouette InstaLift offers an excellent option for women who are looking for a natural, younger-looking face but don't want to undergo a surgical facelift. The best candidate for this procedure is someone who has good skin quality, with moderate sagging of the skin in the mid-face. To determine if Silhouette InstaLift is for you call 607-286-0061 for a consultation today.

Marvelous Mother's Day Gifts She Will Love (Almost As Much As She Loves You)

A lot of men complain that it's hard to buy gifts for the women in their lives. This is not a problem I have encountered often (usually my issue is which of the many items I know they'll love should I buy for them?) but as I know it's a big source of stress for many and with Mother's Day (and Graduation) fast approaching, why not help him out a little by leaving my "hint guide" lying around someplace he will be sure to see it: on his workbench, the seat of his Harley, in his car, lying on his empty dinner plate (double hint points for that one), or you could simply hand him this page with a meaningful look...

For The Mom With Places To Go

Got a globe-trotting mom? With this compact, portable one-way translator communication is always easy. Just press the button, speak into it, and release for translation from English to Spanish, Mandarin Chinese, or Japanese, all in less than a second. And because the Easy Instant Translator doesn't need wifi when Mom finds herself in a medina in Morocco she can easily negotiate a great deal on that kaftan or the brass topped coffee table she simply has to have shipped back home. Make mom the toast of the cruise for just \$199. Easy Instant Translator available at www.uncommongoods.com.



For The Hip Mom

For the seriously cool mom, there's the Pocket DJ Mixer. This easy to use mini mixer connects to the headphone jack on her phone or laptop, iPod, etc, turning Mom into an instant party machine! All she needs is this, a pair of massive headphones and a playlist, She will be the most popular person at any event and (if you're really good) she might let you play with it too!. \$100 from www.uncommongoods.com.



For The Gardening Mom

The Homi. This year why not let Mom roll with her homis. This Korean handheld garden tool which has been a staple since the Bronze Age is having a very 21st century moment right now with images of the tool showing up on Instagram and YouTube. Why is this ancient hoe so popular? Homis have an ergonomically curved handle, and the half-moon shaped blade makes it possible to dig, weed, and mound, all with one tool. Available from Amazon with prices starting at \$15 (depending on size)



For The Mom Who Loves To Cook

Every cook agrees that fresh-cut herbs are the magic ingredient to almost any dish. And now Mom doesn't need a green thumb to grow her fresh herbs with the AeroGarden Harvest Elite WiFi with Gour-met Herbs Seed Pod Kit. An intuitive LCD display guides her through every step of the growing process, from planting, to feeding and watering, to harvest. There's no complicated lighting schedule to keep track of. The AeroGarden provides ideal lighting conditions that are automatically matched to the plants being grown. Best of all, the new Harvest Elite WiFi lets you guide the entire process using your smart device—no matter where Mom is (so you don't have to water her plants while she is away). \$89.96. Surlatable.com



For The Movie Buff Mom

This year treat your movie buff mom to her very own viewing room with the VANKYO Leisure 510 Full HD Projector with 200" Projection Size, Support 1080P HDMI VGA AV USB with Free HDMI Cable and Carrying Bag. The built-in decoding system means that this projector can support most video formats so Mom can show your baby videos in style (admit it - you've always wanted to be on the big screen) The Vankyo Leisure Projector is equipped with a variety of inputs, including HDMI, VGA, AV, USB, and Micro SD. Dual HDMI & USB ports design makes it more convenient to use and it supports 44 - 200 inches projection size with distance 4.9-18 feet Additionally, the built-in two 3W stereo speakers offer excellent audio support. Easy to set up without the need for costly external speakers, Mom could be enjoying her independent cinema experience in no time at all. \$189.99 available on amazon.com.



For The Bookworm Mom

This year why not give your mom the gift every woman wants - peace and quiet! These amazing noise-canceling headphones are said to "simulate an oasis of calm no matter what is happening around you". Perfect for blocking out the world when Mom wants to indulge herself in a great book, incredible music or just her own thoughts! And you can score double points over your siblings by adding an audible membership to the package... COWIN E7 Active Noise-Canceling Bluetooth Headphones \$60 amazon.com.



For The Trendy Mom

Does your mom love to look good? Spanish retailer, www.mango.com, has enlisted stars like Scarlett Johansson and Kate Moss to be the faces of their high-style fashion line with pieces that are on trend without going too far. Pretty much anything from this retailer will assure that Mom looks great and that no one else will be wearing her "style" at her next event. As pictured here: **Crochet Dress \$ 79.99.**



Still stumped? Treat her to a gift certificate for her favorite place - New York Skin & Vein Center. You can just call and place funds on her account with your credit card. This lets you off the hook by letting her choose what she wants from Peels to Skin Rejuvenation Laser to Botox (don't gasp ...I'll bet your mom is getting it too!) Call the office now and we'll even send her a formal Gift Certificate in the mail naming you as the favorite child.

Were You at the Barbie Party?

Our Barbie's 60th Birthday Patient Appreciation Day Party was a lot of fun! We had great food, amazing cocktails, balloons, all the staff dressed in their favorite Barbie costume - we even had a Barbie Box photo booth! If you were there, check out these neat pictures to see if you can spot yourself. If you missed both the party what were you thinking? (Don't worry, we have a lot of fun here at New York Skin and Vein Center - just make sure you get your name on the list for my next event).

You can see more pictures of the Binghamton Barbie Party at Tinyurl.com/BarbieBing

You can see more pictures of the Oneonta Barbie Party at Tinyurl.com/BarbieOneonta

From RISE: Dear Dr. Dohner: Thank you for you're continued support and belief in our work towards a violence free Broome County. Your donation of \$500+ worth of toys will bring smiles to many children's faces. Sincerely, **Becca Staudt**, Director of Advocacy.

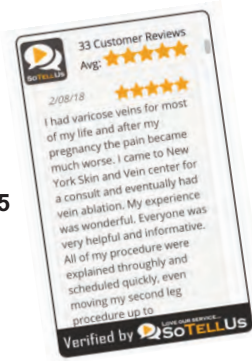




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& Vein Center**
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(607) 286-0694

6 Country Club Rd **157 East Main St.**
Oneonta NY 13820 **Norwich NY 13815**
(607) 286-0061 **(607) 286-0695**

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



HAPPY MOTHER'S DAY FROM DR D!

- **Want To Make Mom A Great Dinner?**
Turn To Page 4 For Recipes She's Sure To Love
- **Take Mom Out On The Town**
My Local Event Guide Is On Page 2
- **Turn To Page 1 To Find Out What Dr D Has Been Up To Lately**
- **Looking For The Perfect Gift For Your Mom?**
My Guide To The Most Desired Mother's Day Gifts
Can Be Found On Page 6
- **Everyone Is Talking About Silhouette InstaLift!**
Turn To Page 5 To Find Out How This IN-OFFICE Procedure
Can Give Your Face A Lift
- **Barbie Fun! See Photos From Our Patient Appreciation Day**
Barbie 60th Birthday Party Event. On Page 7

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!



Tired of looking exhausted? Fed up with weight gain? Struggling with skin problems? Unwanted Hair or loose skin? Then it's time to do something about it! Find Out How At

Dr Eric Dohner's **Mommy Makeover and Menopausal Madness Dinner Party**

Find out how Dr D can help you turn back time with just a few simple treatments! This is the information that was once only available to the rich and famous but now it's accessible and affordable for the rest of us so don't miss this event!

You Don't Have To Be A Mom To Attend (*just a woman*).

So gather your Mom, Grandmas, BFF's, Sisters, Aunts, Stepmother's, Mothers-in-Law and Godmothers (fairy or otherwise) and join us for

A delicious three-course dinner, wine and a whole lot of fun!

As always, this Dinner Workshop is **FREE** but we ask that attendees bring New/Unused Items to benefit the mom clients of **RISE** Women's Shelter. (Suggested items: feminine hygiene items, shampoo/conditioner, soap, body lotion, socks, pantyhose, underwear, clothing, makeup, nail polish and polish remover, brushes, combs, etc).

RSVP NOW by calling **(607) 353-1800** with your name, phone number and names of any guests. Or you can email **Info@nysvc.com** with the same info. **Don't delay because this is the LAST DINNER PARTY UNTIL FALL** so seats are sure to fill up quickly.

**This Event Is Strictly
Limited To 45 Guests**

Date and Time:
Binghamton Office
at 75 Pennsylvania Avenue
Thursday, May 30th
From: 6pm til 8:30pm