

NewYork-Presbyterian

Hudson Valley Hospital

COMING UP IN OCTOBER

At NewYork-Presbyterian Hudson Valley Hospital's Chef Peter X. Kelly Teaching Kitchen at 1992 Crompond Road, Cortlandt Manor, NY



Workshop for Caregivers: Comfort Food Fed Comfortably

Wednesday, October 4, 2017 Noon – 2:00pm

Comfort is a feeding process that involves techniques and strategies for caring for persons with swallowing difficulty. When comfortable eating is disrupted by illness, much distress can be generated for the caregiver. Learn from Dr. Bruce H. Heckman and team, how to feed the person you are caring for in a safe, nurturing way.



Physician in the Kitchen: Alternatives Sources of Calcium for Bone Health

Tuesday, October 10, 2017 11:30am – 1:00pm

Join Dr. Nicole Belkin, Orthopedic Surgeon, ColumbiaDoctors in collaboration with NewYork-Presbyterian Medical Group Hudson Valley, to learn more about nutrition to support bone health. Dr. Belkin and Chef Emilie Berner will prepare a lunch together.



Physician in the Kitchen: Cancer Survivor Cooking for Health

Thursday, October 26, 2017 12:30 – 2:00pm

In recognition of Breast Cancer Awareness Month, join Dr. Martin Oster of Columbia University Medical Center and Medical Oncologist at the hospital's Cancer Center to learn more about how nutritious foods can help to increase energy and promote wellness. Together with Chef Emilie Berner, a lunch will be prepared.

For all three programs, there is no charge but registration is required. Call 914-734-3780 or email vhv-teachingkitchen@nyp.org

A Lunch and Learn Lecture at the Hospital's Ground Floor Conference Room located at 1980 Crompond Road, Cortlandt Manor, NY



Life and End of Life Planning

Thursday, October 19, Noon – 1:00pm

A panel of physicians, Magnet nurses, social workers and other experts who are members of NewYork-Presbyterian Hudson Valley Hospital's Ethics Committee will discuss how honoring patient preferences is a critical element in providing quality end-of-life care. A complimentary light lunch will be available.

Location: Hospital Ground Floor Conference Room

Registration: Call 914-734-3159



Tuesday, October 3rd & 17th

11AM -4PM

Main Lobby