• THIRD AND FOURTH DISTRICT LAKE PLACID RETREAT:
The annual MSSNY Third and Fourth District Lake Placid took place on Saturday, January 28th at the Mirror Lake Inn. The presentations and discussions were enlightening. Draft resolutions were presented and will be submitted to the House of Delegates. We were delighted that Dr. Reid was able to attend, along with a representative from Congresswoman Stefanik’s office.

• NYMGMA/MSCA/MSCU MEMBERSHIP MEETING:
The Albany area chapter of the New York Medical Group Management Association and the Medical Societies of Albany and Ulster Counties held a holiday mixer on Thursday, January 12th at the Edison Club in Rexford, NY. Members of the Healthcare Financial Management Association also attended.

• MSSNY ADVOCACY DAY:
We once again look forward to participating on Advocacy Day on March 8th at the state capitol. With all of the changes taking place and uncertainty we have tried to encourage as many people to get involved in the process as possible. We hope it will be successful and applaud the Governmental Affairs team for putting it together.

• AMERICAN HEART ASSOCIATION, ALBANY MEDICAL CENTER UNITE TO IMPROVE THE HEALTH OF CAPITAL REGION RESIDENTS:
The American Heart Association today proudly announced a groundbreaking collaboration with Albany Medical Center aimed at improving the heart health of the Capital Region. During 2017, Albany Med will join forces with the American Heart Association to promote “Life is Why,” the Heart Association’s national campaign designed to help individuals make small changes in their lifestyle that will result in healthier, happier and longer lives. It emphasizes a personal connection to cardiac health by encouraging everyone of all ages, ethnicities and backgrounds to consider what or who they are living for, and turn that into their personal motivation for making change.

• ST. PETER’S DIABETES AND ENDOCRINE CARE OFFERS WEIGHT MANAGEMENT WORKSHOP ON HERB AND SUPPLEMENT SAFETY:
St. Peter’s Diabetes and Endocrine Care will offer an educational weight management workshop, “Supplements, Spices and Weight Loss: Do Any Really Work?,” Tuesday, Mar. 7, 5–6 p.m., 63 Shaker Rd., Suite 204, Albany. Lynn Sutton, registered dietitian and certified diabetes educator, will explore the efficacy and safety of herbs, supplements, and other products that claim to elicit weight loss. She will discuss the potential dangers, and if there is anything that really works. The workshop is free of charge, and open to the public.