



**CHOICES**  
WOMEN'S MEDICAL CENTER

CHOICES NEWSLETTER: DECEMBER 2016

## **New Services for a New Year - Available NOW at Choices!**

As 2016 comes to a close, Merle Hoffman, Founder/President of Choices Women's Medical Center is delighted to announce the launch of two new services, both of which will contribute to the health of our patients and to the broader Queens community: the Choices Behavioral Health Department and our Nutrition Counseling Program.



### **Message from Merle Hoffman**

*Choices Mission has always been "needs based" responding to women's most pressing health needs. When I think of its founding over 45 years ago, as one of the first clinics in the U.S offering safe, legal abortion services, I remember when women filled our waiting room for a service they so desperately needed.*

*Our move to Jamaica, Queens four years ago offered to a community in need full-service gynecological, family planning and prenatal services, all essential to enable women to lead healthy and full lives. Now I have the great pleasure of announcing two new and very important services that will address the ongoing health needs of our patients and the broader community.*

*The first, Behavioral Health, directed by Dr. Rischa Gottlieb, will offer therapy services for emotional well-being, personal growth and stress management in the comfortable, supportive environment of Choices. I have always considered mental health to be an integral part of overall health care and am very glad that we can now offer these services to our patients and the community. Dr. Gottlieb has a wide range of expertise, including the particular needs of LGBTQ-Gender Non-Conforming communities.*

*Our new Nutrition Counseling Program will be led by Certified Dietitian Nutritionist Lily Franco who will offer appointments for our prenatal patients and all patients with specialized health needs. This service will enable our clients to learn better ways to keep themselves and their families healthy within the context of their economic reality. Nutritional Counseling is particularly important for pre-natal patients, but everyone who comes to Choices can benefit from these sessions.*

*Just as we did in 1971, Choices continues to be at the forefront of Women's Health Care in 2017.*

*- Merle Hoffman, Founder/President Choices Women's Medical Center*

## BEHAVIORAL HEALTH



*Dr. Rischa  
Gottlieb*

Dr. Rischa Gottlieb, Ph.D. is a licensed clinical psychologist and the Director of Behavioral Health at Choices. She describes herself as “a feminist dedicated to providing accessible mental health care to help build resilient women, families and communities” and looks forward to creating a department that is responsive to the needs of the people that Choices serves. She is trained in Cognitive and Dialectical Behavioral Therapies, proven approaches that promote emotional health and well-being.

“Emotional health is a fundamental part of overall physical health and general well-being,” Dr. Gottlieb says. At Choices, “behavioral health therapy is aimed at building upon a patient’s strengths, the things a person excels at, so that they can learn to cope with challenges and create the life they want.” “People don’t often identify themselves as being anxious or upset,” she says. “But everyone can use extra tools to deal with challenges – everyone is different, and what may create great distress and upset to one person, may not affect others the same way. Our job is to provide services for personal growth, stress management and improving mood in a comfortable, supportive atmosphere.”

Having this service at Choices, she says, “means we’ll be able to see a person over a longer period of time as opposed to a part of another appointment – for, say, a gynecological problem or pre-natal care. We will be available to see patients over a period of weeks, months or longer.”

Dr. Gottlieb has expertise in treating individuals with a wide range of emotional and behavioral difficulties such as: Trauma/PTSD, at-risk pregnancies, postpartum depression, bereavement, eating disorders, self-harm, long-term illness and pain management, anxiety, stress-management, and the particular needs of LGBTQ-Gender Non-Conforming clients.

It is especially important that these services are available during the holidays, a period for fun but also added stress. Dr. Gottlieb has this to say: “Although a little bit of holiday stress is normal I always recommend reminding ourselves that our friends and family probably don’t notice small imperfections and are mostly happy for time with us, and that movies are just that- real life, though messy, is even better. If you or someone you know is having trouble managing holiday stress we hope they reach out to us.”



Make an Appointment with Dr. Rischa Gottlieb Today!

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## NUTRITION COUNSELING



Lily Franco is a Certified Dietitian Nutritionist and will be available for Nutrition Counseling every Tuesday and Saturday. She has worked for Public Health Solutions making individualized nutrition assessments for people with



*Lily Franco, CDN*

diverse health care needs, as well as assisting breastfeeding mothers. At Choices she will be available for counseling appointments that will explain what the best nutrition is for many different health related situations, including pregnancy and breastfeeding; high blood pressure; diabetes and digestive problems, and also child nutrition. (Please visit our website [www.choicesmedical.com](http://www.choicesmedical.com) for more information on the types of appointments available.)

Make an Appointment with Lily Franco, Nutritionist Today!

## HOW TO HAVE A HAPPY & HEALTHY HOLIDAY!

As a special feature for our December newsletter, we are happy to offer some of Lily Franco's valuable tips for Healthy Holiday Nutrition:

1) The holidays are a time to enjoy friends and family, attend parties and of course enjoy delicious holiday meals. Believe it or not you can have all three and still look and feel your best by the time New Year's Eve arrives. During the Holidays, we tend to be so busy we forget important things like making time to eat breakfast. Sometimes people skip breakfast or lunch in anticipation of a holiday feast, but having breakfast will prevent you from overeating later. The key is to make sure your



breakfast is nutritious - include whole grains and fruit. Oatmeal topped with apple or pomegranate seeds can't be beat for a quick and healthy winter breakfast.

2) I'm sure you've heard it before but drinking water is important, especially during the holidays! Holiday parties often contain salty foods such as ham, green bean casserole and mashed potatoes, and of course there's alcohol. The best way to avoid feeling bloated, hungover and just plain miserable the next day is to drink plenty of water. Being mindful of how much water we drink is especially important during the winter when the air is dry and causes us to lose fluids through breathing and through our skin.

3) Finally, be sure to enjoy every aspect of the holidays, not just the food. There is so much fun to be had; dancing, playing games and checking out the window and light displays available all over the city.



## DID YOU KNOW?

**Choicesmedical.com** now has a **Patient Portal!**

Our Patient Portal makes it easy for current patients to easily book appointments online.

If you are a current patient, click to enter Choices Patient Portal now!



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