

### New Check-In Software Debuts July 30

To save time for you at check in and further secure your privacy, we are using a new check-in software as of July 30.

From that date forward, before your visit, you'll receive a message from us reminding you of your appointment in the coming days. The message will be via text, email or automated phone call.

You can then respond directly within the message to confirm your appointment or to let us know your plans have changed. It's that easy.

If you request to reschedule or cancel, we will be in touch about new available times.

With this new system you can also conveniently:

- complete documents needed for your appointment ahead of time in the comfort of your home
- pay your bill

We think you will like this new system, and ***we appreciate your patience*** as we roll it out. We will be checking to be certain we have your cell phone or email address on file.

- ✓ **Faster, smarter** check-in experience, delivered via email or text message
- ✓ Done on your **own time** from the **privacy** of your own device
- ✓ **Simple and quick** appointment arrival

### Family Fun Night Benefits Hospice - Enter to Win Two Tickets!

We are delighted to again be the presenting sponsor of "A Film on the Field" - the largest fundraising event for [Hospice of Central New York and the Finger Lakes](#).

It's a family fun night out at NBT Stadium for a great cause, and **we have two tickets to give away** - just [click here](#) by July 24 and include your phone number in your message.

The evening's schedule is as follows:

**5:15 PM** Gates open

**5:30-7:00 PM** Concessions and entertainment are available for all guests, including face painting, balloon twisting, a photo booth, a visit from SU's Otto and more!

**7:30 PM** Feature film begins; Fireworks immediately follow the film


Advance sale tickets are required, and ticket donation fees for general admission are:


ADULTS \$25 – CHILDREN 6-12 \$10 – CHILDREN 5 & UNDER FREE

Plus, the first 250 families to arrive will receive a souvenir blanket from HOA.

[Click here to purchase tickets.](#)



<h4>PHYSICAL CARE</h4> <ul style="list-style-type: none"> <li>• Find quiet time for your mind &amp; body</li> <li>• Eat healthy foods</li> <li>• Stay hydrated</li> <li>• Prioritize rest</li> <li>• Explore aromatherapy</li> <li>• Get a massage</li> <li>• Stretch &amp; move your body</li> </ul>	<h4>EMOTIONAL CARE</h4> <ul style="list-style-type: none"> <li>• Surround yourself with people who nurture &amp; support you</li> <li>• Find an inspirational mantra</li> <li>• Join a support group or access counseling services</li> <li>• Find activities that distract you from your worries</li> </ul>	 <p>Sarcoma is a rare cancer in adults (1% of all adult cancers), but rather prevalent in children (15-20% of all childhood cancers).</p> <p>It is made up of many "subtypes" because it can arise from a variety of tissue structures.</p> <p>Learn more by <a href="#">clicking here.</a></p>
<h4>CARE AT WORK</h4> <ul style="list-style-type: none"> <li>• Set boundaries</li> <li>• Know your rights &amp; discuss your needs with your employer</li> <li>• Focus your work during times of day when you have more energy</li> <li>• Adjust your work hours</li> <li>• Take breaks when you need them and remember to eat lunch</li> </ul>	<h4>SPIRITUAL CARE</h4> <ul style="list-style-type: none"> <li>• Spend time in nature</li> <li>• Find a peaceful place for self reflection</li> <li>• Find a spiritual mentor or someone you trust to talk with</li> <li>• Show yourself grace</li> <li>• Draw support from your faith community</li> </ul>	



**Self Care Toolbox**  
from your Social Work Team

Remember - our [social work](#) staff is available to help you and your family! Just ask your team for a referral.

Offices: Auburn - East Syracuse - Onondaga Hill | 315/472-7504 | hoacny.com

