

BUSINESS

Get quality healthcare at a reasonable price with EMU Health

BY EMILY DAVENPORT

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It seems that in this current landscape, navigating the healthcare system can be frustrating and confusing. Fortunately for Queens residents, EMU Health in Glendale is here to take the stress of healthcare away by offering easier access to high-quality and cost-effective healthcare.

Daniel Lowy, principal, founder and CEO of EMU Health, became interested in the healthcare field while studying at The Wharton School. Lowy's goal became to make the lives of Queens residents easier by giving them easy access to high quality and cost-effective healthcare.

"Queens is the ideal market for EMU Health," said Anthony Belli, chief commercial officer for EMU Health. "With 2.5 million people and its diversity, Queens lends itself to be an ideal model for creating a place



Photo courtesy of EMU Health

for easily accessible, high-quality healthcare."

In January, EMU Health officially acquired the Queens Surgical Center, a five-room Ambulatory Surgical Center located at 83-40 Woodhaven Blvd. in Glendale that offered

outpatient surgical procedures. Since its acquisition, EMU Health has had the unique capability to provide ongoing ambulatory care as a multi-specialty center while cultivating a greater outpatient surgical experience for their patients.

With access to primary care, specialties such as cardiology, orthopedics, gynecology and more, patients can get most of their care in one convenient location.

"EMU's goal is to provide high-quality, accessible healthcare to people in Queens that is near them," said Carl Friedrich, chief operating officer of EMU Health. "Before EMU acquired it, the surgical center never developed the outpatient side of it. We saw the continuity between outpatient care and surgery and now patients aren't forced to go to multiple locations for different kinds of care.

Roughly half of the 22,000-square-foot building is being used by the surgery center. One project that is in motion for the space is to build a Women's Health Center at the site.

The Women's Health Center will offer several services, including gynecology and well-woman visits, outpatient surgical services and Belli noted that the Women's Health Center will be the second facility in Queens to offer a 3-D mammography.

"Women's health can be so compartmentalized. We want to make it more comprehensive for women in Queens," Friedrich said. "We want to make it easier for them to get complete care in one location."

"It's an important topic," Belli said. "It fits into what we are trying to do here. In many aspects, women drive the healthcare decision making processes, so we see the importance of women's health."

In addition to the Women's Health Center, EMU Health is in the process of building an Urgent Care Center to help those patients needing care after hours. EMU Health also has plans to offer dentistry at the center so patients can have easier access to more kinds of medical care.

The Women's Health Center and the Outpatient Care center are expected to start taking patients on Sept. 1.

This Ridgewood yoga studio offers all kinds of ways to relax

BY ANTHONY GIUDICE

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It's not hard for Ridgewood residents to find a place to find their spiritual center, stretch their bodies and minds, and create some inner peace in this time of turmoil.

All Yoga in Ridgewood offers a wide variety of classes at all levels for everyone, including children. Christina Rufin has been practicing yoga for 25 years and used her background in teaching French to become a yoga instructor, and eventually became certified to also teach yoga to children.

"At first, I resisted teaching yoga because yoga is my own practice. It is my pleasure. It is my personal journey," Rufin said. "Then one day it just clicked; everything came together. I realized that yoga, for me, is a life-changing experience. And I realized I wanted to bring yoga to everybody."

After becoming a certified yoga instructor, Rufin began looking to bring yoga to communities where yoga is not easily accessible. In 2015, Rufin moved to Ridgewood and she opened All Yoga at 780 Woodward Ave. in May 2016 to bring yoga to Ridgewood after noticing the



Photos by Anthony Giudice/Ridgewood Times

All Yoga in Ridgewood offers classes for all skill levels and ages.

community lacked a local studio.

"I realized there was no yoga studio here, so I decided to open one with the idea that it would represent the community, which is extremely diverse and very pleasant," she said. "I love this community, and I call this studio All Yoga with the idea that we would offer all kinds of yoga classes for all types of people."

Since opening, Rufin has brought in a diverse crew of instructors to teach a wide variety of classes, techniques and disciplines including beginner, intermediate and expert yoga classes; meditation; breathing exercises; groove dance classes; community classes and workshops; and many more.

And adults aren't the only ones invited to partake in practicing yoga at All Yoga. Rufin has children-based classes for kids ages 3-8. The classes are an hour long and focus on both the physical movements of yoga and teaching the kids about their bodies, breathing techniques, and encouraging teamwork.

If you want to take your yoga experience to the next level and are interested in becoming an instructor yourself, All Yoga offers a teacher training program. The program is a 200-hour training course, spanning five months, that teaches the history of yoga with a contemplative practice.

For more information on All Yoga, their hours, class schedule and more, visit their website at allyogany.com.