

Summer 2006

# To your HEALTH

## Your Health:

### IT'S IN YOUR HANDS

Chronic diseases, such as heart disease, cancer, and diabetes, are the leading causes of death and disability in the United States. These diseases account for 7 of every 10 deaths and affect the quality of life of 90 million Americans. According to the Centers for Disease Control and Prevention (CDC), these chronic diseases are among the most common and costly health problems, but they are also the most preventable.

#### Here are the facts:

- Good nutrition can help lower your risk for many chronic diseases including heart disease, stroke, some cancers, diabetes, and osteoporosis.
- Regular physical activity reduces your risk for heart attack,

colon cancer, diabetes, and high blood pressure and may reduce the risk for stroke. It also helps to keep your bones, muscles, and joints healthy; helps reduce falls; helps to relieve the pain of arthritis; and reduces symptoms of anxiety and depression.

Research has found that 30% to 40% of all cancers are directly linked to the food we eat, the exercise we get, and how well we watch our weight.

#### What is a CHRONIC DISEASE?

A chronic disease means a persistent or recurring disease, usually affecting a person for three months or longer. Chronic diseases are generally conditions that can be treated, but not necessarily cured. Chronic diseases can be genetic or can be the result of factors such as poor diet and living conditions, using tobacco or other harmful substances, or a sedentary lifestyle.

You can prevent chronic disease by maintaining a healthy weight, eating nutritious foods, being physically active, and avoiding tobacco.

That's why this



edition of To Your Health, Alice Hyde Medical Center's community newsletter, offers you some healthy tips and news you can use about heart disease and eating healthier and losing weight.

## Inside this Issue

Women & Heart Disease  
Page 3

Healthy Eating  
Pages 4-5

Patient Safety Information  
Page 7

Rehabilitation Services  
Pages 8-9

# The Next Generation OF HEALTHCARE

**T**o Your Health, is the next generation of Alice Hyde Medical Center's community newsletter begun almost three years ago. The previous newsletters, Healthcare 2000 and Beyond Healthcare 2000, focused primarily on what was happening at the Medical Center, given the major growth and change that was occurring in our hospital and the health care services offered in Malone and the surrounding areas. But now, given the challenges facing us all as we live longer and want an improved quality of health and life, we have shifted the focus to provide you with more news about taking charge of your health.



Why the switch? Because at Alice Hyde Medical Center, we don't believe that we are simply providers of "sick" and emergency care and treatment. We believe that helping our communities stay healthy and assisting our neighbors in preventing disease are key elements of our mission. We do this through our four family health centers. We do this through our *In Touch With Health* community wellness programs held both here on the Medical Center Campus and at surrounding community locations. We do this through partnerships, like those we have with the schools. We do this through screening programs that are designed to detect diseases in their earliest stages. And, we do this through sharing information at community events, through this newsletter, and with the local media.

As noted on the front page of the newsletter, chronic health problems can be prevented if we adopt healthier lifestyle behaviors. At Alice Hyde Medical Center, we are committed to helping you, your family, and all those who live in this area work towards a longer, healthier life.

Stay well!

John Johnson  
President/CEO



Our apologies to the following physicians who were inadvertently excluded from the 2005 annual report physician list:

Dr. Myrna Sanchez, Dr. Rajiv Shah, Dr. Paul Tran, and Dr. Ira Weissman

All of our local physicians are important to us and to the health and well-being of our community. We thank the talented and attentive medical staff for the excellent care they provide our patients and community members.

## 2005 ACTIVE MEDICAL STAFF

- |  |  |
|--|--|
| Dr. Adnan Abbasi<br><i>Critical Care/Internal<br/>Medicine/Pulmonology</i> | Dr. Ramzi Khairallah<br><i>Internal Medicine/<br/>Rheumatology</i>                                       |
| Dr. Michael Aronis<br><i>General Surgery</i>                               | Dr. Chistian Lamarre<br><i>Emergency Medicine</i>  |
| Dr. Emile Benardot<br><i>Pediatrics</i>                                    | Dr. William Latreille<br><i>Internal Medicine</i>  |
| Dr. Marco Berard<br><i>Orthopaedic Surgery/<br/>Sports Medicine</i>        | Dr. Reuven Levy<br><i>Gynecology/Obstetrics</i>  |
| Dr. Maurice Bettez<br><i>Otolaryngology</i>                                | Dr. Sun Liauw<br><i>Radiation Oncology</i>   |
| Dr. Anjni Bhagat<br><i>Internal Medicine</i>                               | Dr. Jonathan Lowell<br><i>Family Practice</i>  |
| Dr. Morris Browman<br><i>Radiology</i>                                     | Dr. Effat Macramalla<br><i>Urology</i>   |
| Dr. Gerald Cahill<br><i>Family Practice</i>                                | Dr. Aleksandr Medved<br><i>Dentistry</i>   |
| Dr. Jan Close<br><i>Chief Medical Officer</i>                              | Dr. Marina Medved<br><i>Family Practice/<br/>Osteopathic Manipulation</i>                                |
| Dr. Brian Connolly<br><i>Family Practice</i>                               | Dr. Vladimir Medved<br><i>Family Practice/<br/>Osteopathic Manipulation</i>                              |
| Dr. Jay Dewell<br><i>General Surgery</i>                                   | Dr. Yuliya Medved<br><i>Dentistry</i>  |
| Dr. Leonardo Dishman<br><i>Pathology</i>                                   | Dr. Marie-Caroline Piche<br><i>Hospice &amp; Palliative Care</i>   |
| Dr. Cosimo Ferrari<br><i>Gynecology/Obstetrics</i>                         | Dr. Mordi Rehany<br><i>Radiology</i>   |
| Dr. Frank Fuentes<br><i>Dentistry</i>                                      | Dr. Craig Richards<br><i>Internal Medicine</i>   |
| Dr. Bernard Gelbard<br><i>Anesthesiology</i>                               | Dr. Mitchell Rubinovitch<br><i>Orthopedics</i>   |
| Dr. David Gorman<br><i>Gynecology</i>                                      | Dr. Myrna Sanchez<br><i>Oncology/Hematology/<br/>Internal Medicine/Hospice<br/>&amp; Palliative Care</i> |
| Dr. Jahangir Hossen<br><i>Anesthesiology/<br/>Pain Management</i>          | Dr. Rajiv Shah<br><i>Gastroenterology/<br/>Internal Medicine</i>   |
| Dr. Vonda Johnson<br><i>Family Practice</i>                                | Dr. Paul Tran<br><i>Podiatry</i>   |
| Dr. Sonia Joseph<br><i>Obstetrics/Gynecology</i>                           | Dr. Ira Weissman<br><i>Pediatrics</i>  |
| Dr. Benson Kelly<br><i>Family Practice</i>                                 |  |

# Healthy News & Tips to Use

## WOMEN & HEART DISEASE

**H**eat disease is the leading cause of death in women. In fact, 43% of deaths in American women, or nearly 500,000 deaths are caused by cardiovascular disease (heart disease and stroke) each year. And, heart attacks kill six times as many women as those who die from breast cancer.

### *What are the risk factors for heart disease?*

The federal Department of Health and Human Services, in its website *The Heart Truth: Women and Heart Disease*, <http://www.nhlbi.nih.gov/health/hearttruth/index.htm>, describes risk factors as conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse.

Some risk factors, such as age and family history of early heart disease, can't be changed. For women, age becomes a risk factor at 55. After menopause, women are more apt to get heart disease, in part because their body's production of estrogen drops. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not yet gone through menopause. Another reason for the increasing risk is that middle age is a time when women tend to develop risk factors for heart disease. Family history of early heart disease is another risk factor that can't be changed. If your father or

brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself.

While certain risk factors cannot be changed, it is important to realize that you do have control over many others. Regardless of your age, background, or health status, you can lower your risk of heart disease—and it doesn't have to be complicated. Protecting your heart can be as simple as taking a brisk walk, whipping up a good vegetable soup, or getting the support you need to maintain a healthy weight.

Some women believe that doing just

one healthy thing will take care of all of their heart disease risk. For example, they may think that if they walk or swim regularly, they can still smoke and stay fairly healthy. Wrong! To protect your heart, it is vital to make changes that address each risk factor you have. You can make the changes gradually, one at a time. But making them is very important.

### Important risk factors for heart disease you can do something about:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive

### *What can you do about heart disease?*

According to the American Heart Association, preventing heart disease, stroke and heart attack are as easy as A, B, C.



# Healthy News & Tips to Use

## NUTRITION

### BANANA RASPBERRY SMOOTHIE



#### Ingredients:

- 1 ripe banana, sliced
- 5 packets Splenda®
- ½ cup reduced fat milk
- 1- 1/4 cups frozen, unsweetened raspberries

#### Directions:

Place sliced banana on a plate and freeze for 10 minutes or until slightly firm. Combine all ingredients in the jar of a blender. Blend on medium speed until smooth. Pour into glasses and enjoy. Yield: 2 Servings (serving size: 8 oz.)

#### Nutrition Analysis:

Calories 140; Calories From Fat 15; Total Fat 1g; Saturated Fat 1g; Cholesterol 5mg; Sodium 35mg; Total Carbohydrate 30g; Dietary Fiber 4g; Sugars 20g; Protein 4g. This recipe is sponsored, and provided by Splenda® and the American Diabetes Association.

## Old Fashioned Taste, Better Nutrition

### A RECIPE "MAKEOVER" FROM THE AMERICAN CANCER SOCIETY

**T**omato-rich spaghetti sauce is packed with the micronutrient lycopene, which researchers think may help fight cancer. And "red sauce" is also an all-time favorite American recipe that is easily adjusted to cut calories and fat and to provide more dietary fiber. Try this Recipe Makeover.

#### Ingredients:

- 1 Tbsp. vegetable oil. *Change: Cooking oil is cut in half from 2 Tbsp.*
- ¾ lb. lean ground beef *Change: Cuts fat by reducing amount of meat from 1- ½ lb.*
- 1 onion, chopped
- 2 garlic cloves, minced
- 1-- 16 oz. can tomatoes
- 1-- 6 oz. can tomato paste
- 1 tsp dried oregano
- 1 cup vegetables such as broccoli, red, green or yellow bell peppers, zucchini, or carrots (To save time, use frozen pre-cut vegetables.) *Change: The traditional recipe had no vegetables. Adding your favorite vegetables boosts the fiber content and adds flavor.*

#### Directions:

Heat oil and sauté the onions and garlic for 3-5 minutes. (Add fresh vegetables, sauté for a few more minutes. If using frozen vegetables add with tomatoes.) Add the meat; cook until no longer pink. Add remaining ingredients; stir, simmer for 1 hour. Serve over spaghetti, preferably whole wheat for more fiber. Makes 4 servings.

#### Nutrition Analysis:

OLD FASHIONED MEAT SAUCE FOR SPAGHETTI—486 calories per serving, 60% calories from fat, 2.3 grams of fiber.

NEW LEAN SPAGHETTI SAUCE WITH WHOLE WHEAT SPAGHETTI—407 calories per serving, 32% calories from fat, 10 or more grams of fiber depending upon vegetables used.



## Simple Tips for Healthier Eating

**D**o you think healthier eating will mean more time shopping and in the kitchen? Think again! Here's a few simple steps developed by the American Cancer Society that you can take to make healthier meals.

- Choose lean meats—look for the words “loin” or “round” in the name. Trim meat of all visible fat before cooking.

### DID YOU KNOW?

- Cook poultry with the skin on to keep it moist, but remove skin before eating to reduce the fat.

- Use low-fat or no-fat yogurt to replace all or part of the sour cream or mayonnaise in a recipe. Replace all or part of ricotta cheese with low-fat cottage cheese.

- Add your favorite canned beans to soups, stews, and salads.

- Substitute whole wheat flour for up to half of the white flour called for in a recipe.

- Try whole wheat pasta for a fiber boost.

- Substitute applesauce for oil in muffins, quick breads, and cakes.

- Add ¼ cup of bran or quick cooking oatmeal to your meat loaf or casserole.

- Use low-fat cooking methods like roasting, baking, broiling, steaming or poaching. Limit deep fat frying and sautéing in a lot of oil or margarine.

For the price of a large bag of chips & box of cookies you could buy the following items:

- 2 pounds of apples
- 1 pound of bananas
- 1 pound of carrots
- 3 pounds of potatoes
- 1 pound of peppers

Source: American Cancer Society

## Establishing Healthy Habits

### FOR YOUR CHILDREN



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

**I**n addition to buying healthy groceries and serving nutritious food, parents can help their children establish life-long healthy eating habits by:

- Establishing a routine, which means a set time for breakfast, lunch, dinner, and snacks.
- Serving a fruit or vegetable at every meal. Fruit and vegetables are great for snacking too.
- Rewarding your child with attention (hugs, kisses, smiles) and playful activities instead of food.
- Keeping high-fat, high-sugar foods out of the house—this avoids arguments about candy, soda, chips and cookies and it saves money too!
- Serving water when your child is thirsty.
- Limiting the amount of time your children watch TV to less than 2 hours a day and removing the TV from their bedroom.

Source: American Cancer Society

# New Faces

## AHMC WELCOMES THREE NEW FACES

Joel Hanna, Physical Therapist and Malone native, has returned to the area to join the staff at Alice Hyde Medical Center's Rehabilitation Department. Hanna is a recent graduate of Clarkson University with a Bachelor of Science Degree in Psychology and a Master's Degree in Physical Therapy. Hanna's responsibilities at the Medical Center include providing treatment to promote patients' physical independence, establish and tailor rehabilitation and treatment plans to accommodate each patient's unique needs, document and report patient progress and report patient progress with physical therapy, and to monitor and assess the many different functions of the Rehabilitation Department.



Lisa A. Leary, Physical Therapist, has returned to the North Country to join the staff at Alice Hyde Medical Center's Rehabilitation Department. She comes to Alice Hyde from West Florida Rehabilitation Services, Inc. in Clearwater, Florida where she worked with a variety of patients including athletes recovering from surgery to individuals with total joint replacements, osteoporosis, and neurological conditions. Mrs. Leary graduated Cum Laude from the Health Science Center at Syracuse in 1990 with a Bachelor of Science in Physical Therapy and was the Assistant Director of Rehabilitation Services at Canton-Potsdam Hospital's Canton Outpatient Orthopedic Department prior to relocating to Florida. Mrs. Leary's responsibilities at the Medical Center include patient evaluations, educating patients about their medical conditions, and working with the other Rehabilitation staff to monitor, adjust, and record patient's rehabilitation programs.



Jeff Spence, Business Manager of Primary Care Services is responsible for the operational management of AHMC's four health centers, the Alice Hyde Dental Center, and two employed physician offices. In addition, he oversees daily operations at the Veterans Administration Clinic in collaboration with the Director of the Community Based Outpatient Clinic Veterans Administrator. "I look forward to working with staff members as we incorporate their concepts into an enhanced administrative and health care delivery system. Our goal is to create the most positive patient experience possible," said Spence. Prior to coming to AHMC, Mr. Spence served as Project Manager at L3 Communications Aircraft Integration Systems in Lexington, Kentucky. He has more than eighteen years of experience as manager and leader of organizational change in municipal, government, private, commercial, military, and corporate settings. Mr. Spence earned a Bachelor of Science in Management and Organizational Development from Mount Olive College, New Bern, North Carolina.



# AHMC News

## AHMC RECEIVES STATE FUNDING FOR TRANSPORTATION

Alice Hyde Medical Center recently received State funds for the purchase of a 7-passenger van to provide complimentary transportation to patients and Alice Hyde Nursing Home residents who have been referred to, or are being treated at the Medical Center for extended courses of treatment, such as, chemotherapy, cardio/pulmonary rehabilitation, and dialysis. This service is offered to patients and nursing home residents within the primary service area who meet State and Federal requirements. Front: Anges Perry, Hemodialysis patient, back row, from left, Chantal White, Alice Hyde Nursing Home Administrator, Dixie Lee Durant, Hemodialysis patient, Lorene Reynolds, Hemodialysis Nurse Manager.



## At Alice Hyde, We I.D.

### PATIENT SAFETY TIPS & INFORMATION

In March, health care providers and patients throughout the nation celebrated Patient Safety Awareness Week.

At Alice Hyde Medical Center, there are a number of initiatives underway to make sure that our patients receive the safest care possible. We implement protocols to achieve National Patient Safety Goals (NPSGs) set by the Joint Commission on Accreditation of Healthcare Organization, an independent, not-for-profit organization that sets the standards by which health care quality is measured in America and around the world.

- Patient and Resident Safety and Quality Improvement Initiatives
- We incorporate steps to help in the positive identification of patients and residents. Every time we need to give you medicine, perform any procedures such as drawing blood, taking an x-ray, or bringing you to the operating room, we will ask you for your name and your date of birth to ensure that the patient or resident is correctly identified.
- To ensure that we operate on the correct patient we always "mark" the surgical site with the physician's initials.
- We complete a "time out" prior to each operation to verify that the correct procedure will be performed on the right patient.
- We educate staff and patients about preventable falls.
- We improve caregiver communication by not using medical abbreviations that are often associated with errors.

## HOW CAN YOU BE AN ACTIVE PARTNER IN PATIENT SAFETY?

Make sure you have a complete and up-to-date list of all medications that you take. This includes over-the-counter drugs, prescriptions, herbal medicines, vitamins, and supplements. Bring this list with you whenever you come to the hospital or health care provider's office. Keep an updated record of your medical history and share it with your health care providers. This should include any dates of surgeries or hospitalizations, allergies to food and medication, and medical conditions such as high blood pressure, diabetes, or heart disease.

Family members are likely to be particularly aware of any subtle changes in their loved one's behavior, such as alertness or changes in mood. If you notice any behavior changes or the onset of confusion, notify a staff member immediately.

At Alice Hyde Medical Center, we are committed to working with you and your family to make sure you get the highest quality, safest care possible.

# Do you suffer from headaches?

## PHYSICAL THERAPY MAY HELP



maintaining low stress levels and daily exercise can all have a positive affect on your headaches.

But, there are headaches, such as migraines, that may require medication.

Headaches may also be a sign of a more serious underlying problem such a stroke or tumor. If you experience a "first/worst" headache, you should seek immediate medical attention.

If you do suffer from headaches, talk to your health care provider and possibly physical therapy could make a positive difference in your life. It will be helpful for your health care provider if you have an accurate record of your headaches to help your health care provider to evaluate you and create a treatment plan that will meet your needs.

Millions of people suffer from headaches. Headaches cause decreased work attendance, decreased productivity, and poor quality of life for many people. Approximately 80% of all headaches are muscle tension headaches. These headaches are related to dysfunction in the skeletal and muscular systems of the body and often respond well to treatment in physical therapy.

Muscle tension headaches are usually described as dull aching headaches that may feel like a tight headband causing pressure. The headaches can last from 30 minutes to 7 days in duration and are usually between a mild to moderate intensity. Tension headaches usually impair but do not prohibit function. In addition to pain, the person may also have nausea and/or

aversion to light and sound.

Mal-alignment in the cervical spine and jaw and irritation of related musculature can cause muscle tension headaches. Often once the postural and joint mobility is restored and the muscles have been strengthened appropriately to allow the bony alignment to be maintained, the large majority of people will have a resolution of the headaches or at least a significant decrease in frequency and intensity.

In addition to skeletal and muscular dysfunction, modifications in behavior can also improve your situation. Eating well, drinking adequate water, getting adequate rest,

## DID YOU KNOW?

The AHMC Physical Therapy team is trained to evaluate and treat people suffering from head, face and neck pain, allowing for improved function and decreased discomfort. Talk to your health care provider about your headaches and see if physical therapy can benefit you. Want to learn more about how physical therapy may help your headaches? Contact Colleen Law at the Rehabilitation Department, 518-481-2440

# Alice Hyde Medical Center's

## HOLMES REHABILITATION SERVICES



If you are injured or have a condition that requires rehabilitation therapy, you'll no doubt be looking for high quality services close to home. If this should happen to you, a family member, or friend, it's important that you know what services are delivered by Alice Hyde Medical Center's Holmes Rehabilitation Department. The Alice Hyde team of physical and occupational therapists offer comprehensive rehabilitation services and innovative treatment programs to alleviate pain and restore function of a variety of conditions including head, facial, and neck pain, pregnancy discomfort, and bladder control. Our physical therapists give you the personal attention you need and the tools that you can use to maintain a healthy lifestyle.



## Physical/Occupational THERAPY SERVICES

### Physical Therapy Services

- Headaches
- Repetitive Motion Injuries
- Sprains, Strains, and Joint Injuries
- Sport Related Injuries
- Post-Surgical Conditions
- Back & Neck Pain/Injuries
- Arthritic Conditions
- Neurological Disorders
- Upper Extremity Lymphedema
- Urinary Incontinence
- Balance Disorders

### Occupational Therapy Services

- Hand Injuries
- Self-care Skills
- Home Management
- Work Related Injuries
- Perceptual Skills
- Limitation Following Stroke
- U/E Arthritis
- Multiple Sclerosis

### Reaching Us

Services are available from  
7 a.m. to 7 p.m.  
Monday through Thursday and  
7 a.m. to 6:00 p.m. on Friday's  
on the Malone campus of  
Alice Hyde Medical Center.  
For further information, call  
**518-481-2440**

# Alice Club

## MAKING A DIFFERENCE

It is truly amazing how much has changed at AHMC since we opened our doors in 1913. However, there has always been a constant throughout our history—our dedicated employees.

The Alice Club represents not only the community support that laid the foundation for AHMC more than 90 years ago, it demonstrates employees' support and belief in AHMC.

During 2005, Alice Club members generously donated funds to defray the cost of renovating the Medical Center's dining room. The project included the installation of hot and cold food stations and a salad bar, as well as the addition of grill and deli services.



*ALICE stands for:*

A  
LASTING  
INVESTMENT BY  
CARING  
EMPLOYEES



## Philanthropy

1. The effort or inclination to increase the well-being of humankind, as by charitable aid or donations.

Alice Hyde Medical Center was established for the community, by the community, to meet local health care needs. Evaluating community needs, engaging in dialogue with the community, and the support and involvement of our community members continues today—Alice Hyde Medical Center is part of the fabric of the quality of life in Malone and surrounding areas. Through donations of time and funds, our community members have helped to shape and grow our Medical Center into a true community asset.

As we continue to invest in our workforce, state-of-the-art technology, and services we will look to our community to carry on the legacy of caring that built this institution. One way to do so is by Charitable Planning as detailed on the next page.

# Making a Difference

## CHARITABLE PLANNING/PLANNED GIVING

One of the most common giving techniques is through designating planned gifts in a personal will.

- **General Bequests** - provide a specific dollar amount to AHMC
- **Residuary Bequests** - provide AHMC with a specific asset or sum of money, that covers all or a portion remaining in an estate after all other identified gifts are made
- **Remainder Bequests** - provide AHMC a portion of the donor's estate remaining after the death of a beneficiary
- **Contingent Interest Gifts** - give AHMC a portion of the donor's estate upon the donor's death, or the death of a beneficiary if individual primary beneficiaries are no longer living

## In Memory Of:

### Joan Bouissey:

AHMC Co-Workers of Linda Bouissey  
Chet and Lorraine Buhyoff  
Brian and Janice Jones  
Kenneth and Barbara Belanga  
Vincent and Gladyce Farney  
Gloria Morrison  
Florence King  
Kathleen D. Raney  
Tammy Reynolds

### John Bourey:

Norman P. Richey

### Tonie Gervais:

Jeanne Fitzsimmons  
Marie Mayotte  
Anthony Lanktree  
Pauline Magrino  
Carolyn Gervais  
Amy Tavernier

### Isabel C. Gardner:

Helen Jukoski  
Simone Ross  
Catherine Poirier

### France Earle:

Douglas & Robin Hall  
Cherie L. Barber  
AHMC Med/Surg Floor Day Shift  
Linda McClarigan  
Dennis Paquin

Christine LaDuke  
3-11 and 11-7 Med/Surg Staff  
Nursing Administration

### David, James & Sr. Mary Joseph Malark:

Calla Basset

### David Malark:

Wanda Flynn  
Charles & Jean Chase  
George Trombly  
William Allman  
John Buscher  
Desiree Gromelski  
Rosalie & Paul Frettoloso

### Chloe Premo:

Franklin County CSEA BOCES Unit #6869

### Blanche Ferris:

Wayne & Linda Brockway  
Stephen & Michele Weightman

### Alfannie LePage:

Genevieve Latrielle  
Darlene Cardinal

### Jean Crompt:

Frances Rushford

### Clemy Reynolds:

Donald Reynolds

### Betty Langdon:

Newman & Betty Groshens  
Janet M. Clookey

Morton & Joyce Hurteau  
Orra & Sharon Langdon & Family  
June & Robert Hastings  
Gerald & Rita Greeno  
Len, Laura & Joel Groshens  
Pete & Ileen Allen  
Ron & Peggy Casey

### Helen Venette:

Christine LaDuke  
Terry Gumbus  
Ruth Gonyea  
JoAnn Cook  
Denise Duquette  
Donna & Jeff Morris  
Everest & Joyce Whitney  
Ginny Collins  
Vernon Riley Family  
Becky Livernois  
Cathlyn Lamitie  
Lydia Molnar  
George & Janet Biondo

### Joseph Robinson:

Sharon & Orra Langdon  
Lynda & Francis Jones

### Janet Riggs, LPN:

Robert & Carole Plante

### Anthony Gaglianese:

Janet Hazel  
Christine LaDuke

### Caileigh & Rylee Maneely:

North Franklin Federal Credit Union

## General Gifts:

Linda Weber  
2005 Great Northern Golf Tourney  
AHMC 2005 Golf Tournament  
Akwasne Casino Golf Tournament 2005  
Memory Tree 2005  
Ski Benefit 2005-06

## Circle of Friends:

### Renewals:

Vera Campbell (deceased)  
Paul & Françoise Goodrow  
Robert & Sherry Gaspar  
Annamae Stewart  
Ralph & Trudy Kriff  
Michele Wiggins  
Christian Lamarre, M.D.

## Alice Club:

### New Members:

Malinda A. Collins  
Bernard J. Bruyere  
Jeff E. Spence  
Sue Zemany

# "In Touch with Health"

## Community Wellness Programs

### AL-ANON

Date: every Sunday  
Time: 6:00 – 7:00 p.m.  
Meeting Place: AHMC Main Floor Conference Room

### ALCOHOLICS' ANONYMOUS

Date: every Sunday  
Time: 9:00 – 10:00 a.m.  
Meeting Place: AHMC Main Floor Conference Room

### ALZHEIMERS SUPPORT GROUP

Date: first Wednesday of every month  
Time: 7:00 p.m.  
Meeting Place: North Country Home Services

### ARTHRITIS SELF-HELP 6-WEEK COURSE

Contact: Debbie Warren  
Phone: 518-481-2247  
Date: Call for dates/times

### BABYSITTER SAFETY COURSE

Contact: Debbie Warren  
Phone: 518-481-2247  
Date: Call for dates/times

### BREAST CANCER SURVIVOR SUPPORT GROUP

Date: second Tuesday of every month  
Time: 7:00 - 8:30 p.m.  
AHMC Main Floor Conference Room  
*A group to provide emotional support and information to women diagnosed with breast cancer.*

### CANCER PATIENT SUPPORT SERVICES

*Support services are available by request*  
Contact: John Montville  
Phone: 518-483-9190

### DIABETES SUPPORT GROUP

Date: third Monday of every month  
Time: 7:00 – 8:00 p.m.  
Meeting Place: AHMC New Cafeteria Conference Room

### DIABETES EDUCATION 6-WEEK COURSE MANAGING YOUR DIABETES

Contact: Hallie Garland/Anne Slocum  
Phone: 483-3000 ext. 280  
Date: Call for dates & to pre-register  
Time: 6:00 – 8:00 p.m.  
Meeting Place: AHMC New Cafeteria Conference Room

### EYE ON THE COMMUNITY RADIO PROGRAM

Date: first Sunday and last Saturday of every month  
Time: Saturday, 7:00 – 7:30 a.m. – WICY 1490 AM Radio; Sunday 6:00 – 6:30 a.m. – Wild Country 96.5 FM Radio, 94.7 Hits FM Radio

### HOSPICE BEREAVEMENT SERVICES

Contact: Tammy Crinklaw  
Phone: 483-3200  
Date: Call for dates/times  
Meeting Place: Throughout Franklin County

### KIDNEY DISEASE AND DIALYSIS SUPPORT GROUP

Date: Second Thursday of every month  
Time: 7:00 – 8:30 p.m.  
Meeting Place: AHMC Main Floor Conference Room

### LAMAZE 6-WEEK COURSE

Contact: Debbie Merrick  
Phone: 518-481-2244  
Date: every Monday  
Time: 7:00 – 9:30 p.m.  
Meeting Place: AHMC Education Classroom

### MULTIPLE SCLEROSIS SUPPORT GROUP

Date: first Wednesday of every month  
Time: 6:00 – 8:00 p.m.  
Meeting Place: AHMC Main Floor Conference Room

### NARCOTICS ANONYMOUS

Date: every Monday  
Time: 4:00 p.m.  
Meeting Place: St. Joseph's Church, Malone, NY  
Second Date: every Friday  
Second Time: 6:30 p.m.  
Second Meeting Place: Malone Adult Center, Morton Street, Malone, NY

### ORGAN DONOR/RECIPIENT SUPPORT GROUP

Contact: Debbie Warren  
Phone: 518-481-2247  
Date: first Monday of every quarter  
Time: 7:00 – 8:30 p.m.  
Meeting Place: AHMC Main Floor Conference Room

### SMALL SOULS SUPPORT

Contact: Debbie Warren  
Phone: 481-2247  
Meeting Place: Group meets upon request  
*A bereavement support group for parents or family dealing with fetal or neo-natal death*

### SMOKING CESSATION SUPPORT SERVICES

Contact: Danielle Laravia, North Country Tobacco Cessation Center  
Phone: 518-481-1592

### TRAUMATIC BRAIN INJURY AND STROKE SUPPORT GROUP

Date: third Thursday of every month  
6:00 - 7:30 p.m.  
Meeting Place: AHMC Main Floor Conference Room

### WEIGHT WATCHERS

Date: every Tuesday night  
Time: 6:00 – 8:00 p.m.  
Meeting Place: AHMC Cafeteria

### WEIGHT WATCHERS - MASSENA

Date: every Thursday and every Saturday  
Time: Thursday 5:00 – 6:00 p.m.; Saturday 8:15 – 9:00 a.m.  
Meeting Place: St Lawrence Center Mall (across from Deb's store; behind the empty store front)



**Alice Hyde Medical Center**  
an affiliate of Providence Health Care

P.O. Box 729  
133 Park Street  
Malone, NY 12953

Non Profit Org  
U.S. Postage  
PAID  
Malone, NY  
12953  
Permit No. 35