

To your HEALTH

New & Coming Soon...

Physicians, Health Center & MRI

It's an exciting time for Alice Hyde Medical Center and our community. During the last year, new physicians have joined us—with more to come. A new family health center is under construction on the Malone campus of AHMC. And, in just a few months there will be a new MRI suite at Alice Hyde Medical Center.

In the past year and a half, eight physicians have joined the AHMC Medical Staff. Surgery, internal medicine, endocrinology, cardiology, and urology are just some of the areas being practiced by our new physicians. With the help of state funding, AHMC is currently recruiting more family medicine doctors, a psychiatrist, and a pulmonologist. Our goal is to have a wide diversity



of medical specialties and family and internal medicine available to our community members right here in Malone.

Another exciting new development at AHMC is the expansion of the AHMC Urgi Clinic to a family health center in Malone like those located in Chateaugay, St. Regis Falls, Moira, and Fort Covington. Expected to open in September at 134 Park Street, the Malone Health Center is designed to provide more access to much-needed primary and preventive medical care services. Both walk-ins and appointments will be welcome at the Center.

In our continuing quest to bring the most advanced medicine and technology to the North Country, Alice Hyde is replacing its mobile MRI with a new 'fixed' MRI on its campus to improve access and service.

Bringing new services, technology, and medical expertise are just some of the ways in which Alice Hyde is fulfilling our promise to ensure access to high quality medical and health care services for our community.



Want to stay updated on what's happening at Alice Hyde Medical Center?

Sign up for E-Alerts on our E-Community page under the 'Contact Us' link.

Surviving in Troubling Times



Today's economic uncertainty has certainly challenged Alice Hyde Medical Center and medical institutions around the country. It has shaken our fiscal foundation but has not dampened our steadfast resolve to continue caring for and serving Malone and the surrounding communities with the same compassion and dedication that community members have come to expect and trust.

At the same time that we are meeting community needs by recruiting physicians, expanding services, and acquiring state-of-the-art technology, AHMC is dealing with major financial challenges brought on by federal and state cutbacks and the ever-growing

likelihood that health reform will be financed by even more cuts to hospital payments.

In times like this, it is difficult to feel hope and optimism, but our current challenges have provided an opportunity for us to pause, take notice, and remember what is important about our lives. We have been deeply moved by the support of all members of the Alice Hyde Medical Center family who give to us in some way—whether through contributions of time or money, by holding a hand, hosting a program, participating in a program, joining us for the health fair, volunteering, calling or visiting legislators, or dedicating your work life to our shared mission. The active and involved engagement of all—employees, physicians, Board of Directors, volunteers, patients and families, residents, and community members—have made a true and palpable difference in sustaining our community's precious healthcare resource.

While there are still bumps in the road ahead, I am confident that because we are all working together as one community, all part of the same family, our Medical Center will weather the current storms and not only survive but thrive in the years ahead.

Thank you for playing a part in keeping Alice Hyde's loving legacy of dedication and service alive.

John W. Johnson
President/CEO

Kudos

"I've been to many hospitals and this one is the best. The staff work together and they are so helpful and friendly!"

"I felt very comfortable with my care at your hospital. Thank you for your wonderful care!"

"The nurses were super, thank you!"

"Alice Hyde Medical Center did an excellent job with my needs and the staff was great!"

"I always use Alice Hyde and I had good treatment!"

"I got full attention from the people right away!"

"My treatment was exceptional in all respects. I was very grateful for the quality of care and concern to the discomfort I was in!"

"This is the only place I want to be for surgery!"

"I've been to a lot of hospitals and the cleanliness I saw in ASU was so clean. Great job who ever does the cleaning!"

"The maternity nurses were amazing—they made the birth and stay a wonderful experience. They treated my family, the baby, and me better than I ever expected!"

"Very pleased with everyone the staff is very nice they have gone out of their way!"

"I've had surgery two times and both times the staff was wonderful and helpful!"

"AHMC has always been a facility of caring, professional, and friendly staff at every level!"

N
HEALTHY
W *and tips*
S *to use*



prevention

PREVENT Skin Cancer in children

Skin cancer is the most common form of cancer in the United States. One in five Americans will develop skin cancer in their lifetime. Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved with developing skin cancer and tends to be greater during the summer months.

It's particularly important for children to be protected from the sun and begin a life-long habit of sun protection. Not all sun protection comes in a bottle. There are lots of ways to protect your child's skin all year long. Here are five you can try:

HIDE AND SEEK. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent.

COVER 'EM UP. Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved

shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.

GET A HAT. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

SHADES ARE COOL. And they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

RUB ON SUNSCREEN. Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside.

Source: Centers for Disease Control and Prevention

it's **HOT** out there

...STAY COOL!

stay cool

Whether you're working construction, planting crops in the fields or just mowing the lawn, working under the blazing sun can be deadly. Heat-related illnesses claim the lives of hundreds of people each year. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating but under some conditions, sweating, just is not enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others including infants and young children, people aged 65 or older, people who have a mental illness, and those who are physically ill, especially with heart disease or high blood pressure.

The best defense is prevention.

- Drink more fluids (non-alcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors, and if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the public library or another public place that is air conditioned—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.

If you must be out in the heat:

Limit your outdoor activity to morning and evening hours.

Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour.

Try to rest often in shady areas.

Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

This information provided by NCEH's Health Studies Branch.

GAME DAY!

A new season of school athletics is just around the corner—prepare your children for a healthy and strong year with smart nutrition choices. A well-timed, healthy, high carbohydrate, pregame meal or snack can make a big difference in sports performance.

Some key points to remember about pre-game meals or snacks:

- Make sure to have foods high in carbohydrates to provide quick energy and moderate in protein to sustain energy (see examples to the right).
- Choose lower fat meals or snacks as fatty foods slow digestion too much.
- Regardless of the food, don't overdo it--too much of a good thing can be problematic.



- Make sure your children are well hydrated—provide water before, during, and after sporting events. A sports drink can be helpful when your children are exercising consistently for more than 60-90 minutes.

Foods to Try:

Trail mix, fruit with peanut butter, cheese and whole grain crackers, yogurt, plain popcorn, or milk. It is good idea to keep fruits such as melon, orange slices, grapes or bananas on-hand for a quick half-time snack.

Foods to Avoid:

Soda, chips, and candy bars. These foods can provide quick energy but not enough to last the whole sporting event. Also steer clear of salty foods which can contribute to dehydration.

Healthy Lunches for Kids...

School lunches have improved over the years and now offer many healthy options, however some kids prefer to bring their lunches from home.

Here are some healthy tips, no matter which option your children choose:

- Review the school menu each week with your children and discuss which options are the healthiest.
- Encourage kids to choose cafeteria options that include a lean protein, whole grain, fruit and/or veggie and low fat or fat free milk.
- Pack a healthy lunch and buy milk at school—most schools offer low-fat and fat free white or chocolate milk that contain calcium and other important vitamins and minerals.
- Allow your children to choose their sandwich fillings – encourage lower fat deli meats such

as turkey or ham, over bologna or salami.

- Use whole grain bread instead of white.
- For younger kids, use cookie cutters to stamp out fun sandwiches or wrap in colorful plastic wrap.

Don't forget food safety: Freeze a 100% juice box to double as a cooler for other lunch items such as meats or cheese. Throw in some hand sanitizer or moist towelettes to encourage kids to wash up before eating.



Save the Date!

Family Health and Fitness Night

“Fun for all Ages”

November 6th | 4:00-8:00 p.m.

Franklin Academy High School

The event brought to you by: *In Touch with Health* community wellness program, AHMC's Auxiliary, Malone Central School District, Cornell Cooperative Extension/Eat Smart New York, and the Greater Malone YMCA.

CLIP these delicious & nutritious RECIPES!

Salsa for Everyone



- INGREDIENTS:**
- 1 small red onion, coarsely chopped
 - 1 medium green bell pepper, coarsely chopped
 - 1 small bunch (8 to 10 sprigs) fresh parsley leaves
 - 2 large or extra-large fresh tomatoes, cored
 - 3 Tbsp red wine vinegar
 - 1 Tbsp lemon juice
 - 1 tsp ground cumin
- Salt and freshly ground pepper to taste

Combine onion, green bell pepper, and parsley in a food processor until the mixture is finely chopped. Halve the tomatoes and squeeze out most of the juice and seeds then chop them coarsely and add them to the processor. Pulse several times to make a textured sauce: little bits of onion and tomato should remain. Transfer the mixture to a bowl and stir in the vinegar and lemon juice. Put the cumin in a small saucapan and toast over low heat, stirring, for 2 to 3 minutes at most; just until the cumin starts to smoke. Stir it into the salsa along with the salt and pepper. Cover and refrigerate until serving time. For a hotter version substitute 1 seeded fresh jalapeno pepper for the green bell pepper. You may also substitute toasted cumin seed for ground cumin.

Preparation Time: 25 minutes. Servings: 4. Cups of Fruits & Vegetables Per Person: 0.50

Source: Florida Tomato Committee

Brown Bag Fruit Mix



- INGREDIENTS:**
- 1/2 cup diced apple, unpeeled
 - 1/2 cup sliced banana
 - 1/2 cup grapefruit sections, cut up
 - 2 Tbsp grapefruit or pineapple juice
 - 1/3 cup halved grapes
 - 1/3 cup pineapple tidbits, juice-packed, drained

Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana. Add grapes and pineapple and chill.

(Fresh fruits in season may be substituted, as desired.)

Preparation Time: 10 minutes. Servings: 2. Cups of Fruits & Vegetables Per Person: 1.00

Taquitos



- INGREDIENTS:**
- 2 cups frozen vegetables, thawed (peas, carrots, and corn)
 - 1/3 cup crumbled queso anejo or shredded Monterey Jack cheese
 - 12 corn tortillas, warmed
 - 2 tsp vegetable oil
 - 2 cups fresh salsa
 - 1/2 avocado, chopped

Heat oven to 450 degrees. In a medium bowl, mix vegetables and cheese. Spoon 1/4 cup vegetable and cheese mixture down the center of each tortilla. Roll up tightly.

Place taquitos on a baking sheet. Brush each Taquito lightly with oil. Bake until crispy, about 7 to 10 minutes. While taquitos are baking, mix fresh salsa with avocado.

Spoon salsa mixture over each serving of taquitos.

Preparation Time: 30 minutes. Servings: 4. Cups of Fruits and Vegetables Per Person: 1.00

Source: Plantation Produce Company

Chicken & Fruit Salad



- INGREDIENTS:**
- 1 lb roasted chicken breast
 - 1 medium-size bunch spinach
 - 2 medium-size pink or white grapefruit
 - 2 medium-size red delicious apples
 - 3/4 lb seedless green grapes
 - 1/3 cup fat-free Dijon salad dressing

Remove and discard skin from chicken; tear chicken into bite-size pieces. Chop 1 cup loosely packed spinach leaves; set remaining leaves aside. Cut peel from grapefruit; remove sections with knife.

Cut unpeeled apples into 3/4-inch chunks. In large bowl, combine chicken, chopped spinach, fruit, and salad dressing; toss to coat. To serve, arrange remaining spinach leaves on platter; spoon chicken salad over spinach leaves.

Preparation Time: 20 minutes. Servings: 4. Cups of Fruits & Vegetables Per Person: 2.00

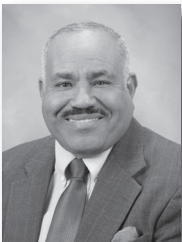
New Faces... at AHMC!



Claudia Dumitrescu, MD, board-certified in Internal Medicine (American Board of Internal Medicine) and board-eligible in Endocrinology, comes to Malone from the National Institute of Health in Bethesda, Maryland where she recently completed her fellowship in Endocrinology. Dr. Dumitrescu's specialties include evaluation of patients with endocrine-related conditions, management of bone and mineral diseases, diabetes, and of thyroid and parathyroid disease. She graduated with a Bachelor of Mathematics degree from the University of Bucharest, Faculty of Mathematics in Bucharest, Romania, after which she received her Doctor of Medicine degree from the Carol Davila University of Medicine located in Bucharest Romania. Dr. Dumitrescu interned at Ramnicu Valcea Central Hospital in Ramnicu Valcea, Romania and completed her residency in Internal Medicine at Danbury Hospital-Yale University in Danbury, Connecticut. Dr. Dumitrescu is a member of the American Medical Association and an associate of The Endocrine Society. For more information or to schedule an appointment, please call 518-481-2864. Dr. Dumitrescu's office is located at 20 Fourth Street, Suite 2 on the Medical Center campus.



Matthew Chodat, Physical Therapist, joined the staff at Alice Hyde Medical Center's Holmes Rehabilitation Department. Mr. Chodat is responsible for the initial evaluation, treatment planning, and implementation of treatment plans for acute care patients on the medical/surgical floor and Intensive Care Unit. He also assists with the implementation of care plans and delivery of physical therapy services in the Alice Hyde Nursing Home. Mr. Chodat received his Bachelor of Science Degree in Physical Therapy at the University of Vermont in Burlington.



Julio Ossorio, MD, a board-certified Urologist (American Board of Urology), comes to Malone from Georgia, where he had a number of private practices. Dr. Ossorio's specialties include the medical and surgical treatment of urinary incontinence, prostate issues, sexual dysfunction, male infertility, renal stones, urinary tract infections, and pediatric urinary problems, as well as bladder problems in male and female patients. He graduated Cum Laude from the University of Puerto Rico in San Juan, Puerto Rico, after which he received his Doctor of Medicine degree from the Medical Science Campus of the University of Puerto Rico. Dr. Ossorio interned at St. Joseph's Hospital Health Center in Syracuse, NY and completed his residency in Urology at the University District and Affiliates Hospital of the Puerto Rico Medical Center in San Juan, Puerto Rico. Dr. Ossorio is a member of the American Urological Association, the American Association of Clinical Urologists, the Society of Internationally Di Urologie, and the Puerto Rico Urological Association. For more information or to schedule an appointment, please call 518-481-2893. Dr. Ossorio's office is located at 16 Third Street, Suite C on the Medical Center campus.



Hani Shahata, MD, a board-certified Internist (American Board of Internal Medicine), specializing in Nephrology, comes to Malone from Yonkers, NY, where he recently completed his fellowship in nephrology at the Mount Sinai School of Medicine. Dr. Shahata received his Doctor of Medicine degree from the Ain Shams University in Cairo, Egypt, and went on to complete his residency in Internal Medicine at the Mount Sinai School of Medicine. Dr. Shahata is a member of Renal Physicians Associations, American Society of Nephrology and National Kidney foundation. For more information or to schedule an appointment, please call 518-481-2864. Dr. Shahata's office is located at 20 Fourth Street, Suite 2 on the Medical Center campus.



*By summer's end,
the new MRI suite,
will replace the
Mobile MRI unit,
improving
access & service.*

AHMC

MRI



**...bringing
you the
latest
imaging
technology**

What you should know about MRI scans.

Simple, safe and fast, MRI exams are among the most advanced medical imaging procedures. This article will answer many of your questions and assist you, or your loved one, to better prepare for your upcoming MRI exam.

Our goal is to provide the best possible medical care for you and your family. Your physician will be able to provide specific details about your exam and answer any questions you may have.

What can you expect?

A technologist will escort you into the MRI scanning room, where you'll see a table and a large, donut-shaped device called a gantry. The technologist will have you lie on the padded table and make sure you are comfortable. During the scan, you will

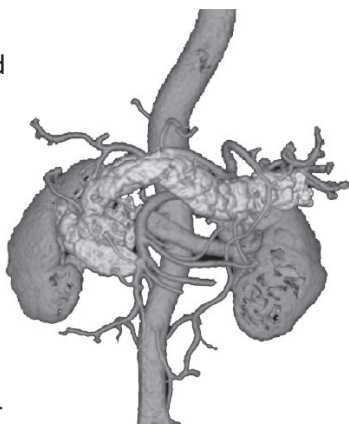
hear a humming or buzzing noise and may be given headphones to wear, but you will not feel anything unusual. You may feel the table move while images are being taken at certain locations of your body. The technologist will monitor you during the entire exam through a window and will communicate with you through an intercom. The specific details of your upcoming examination will be explained fully by an MRI technologist or your physician.

How long will your exam take?

The actual scan portion of the exam takes only a few minutes. You will be asked to stay still and hold your breath as the MRI scanner acquires images of your body. Depending on the specific exam, the entire exam may take 30-45 minutes, as the radiologist reviews the images and makes a diagnosis.

Will IVs or shots be used?

Depending on the exam, a solution called “contrast” may be administered with an IV to help improve what the physician can see. Although contrast for MRI does not contain iodine, it is still important to let your doctor know beforehand if you have any specific allergies. In addition, the technologist may hook you up to an ECG monitor.



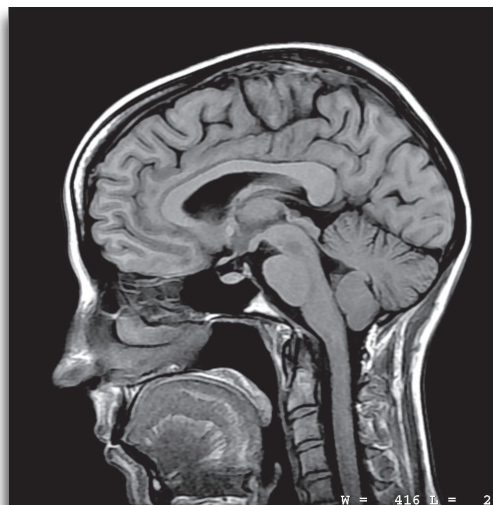
After your MRI exam.

The radiologist will carefully analyze your MRI images, review the findings with your physician, and provide a report. Your physician will then discuss the results with you.

The safety of an MRI exam.

MRI is a safe and effective diagnostic procedure. It does not use ionizing radiation like an X-ray. As with many other medical imaging technologies, MRI scanners have been cleared by the U.S. Food and Drug Administration. Additionally, the Signa HD 1.5T MR system has been designed with your safety and comfort in mind. The Signa HD 1.5T MR system from GE Healthcare – one of the most advanced MR scanners of its type – features compactcoils, meaning the MRI experience is much more comfortable. If you have any implants, pacemakers or metal objects in your body, be sure to consult with your technologist prior to the exam.

Source: www.getcreative.gehealthcare.org



What is an MRI?

MRI stands for Magnetic Resonance Imaging, a non-invasive diagnostic procedure. This is a valuable medical exam that uses magnetic fields and radio frequencies to generate detailed anatomical and functional images.

MRI scans have been performed safely and successfully for 20 years. MRI scans have an advantage over other forms of scanning because they can image different types of tissue. More traditional forms of imaging, such as X-rays, are limited in how much tissue they can image. MRI scans can image more types of tissue, and without ionizing radiation.

MRI exams are performed when people are ill or injured, or when a doctor suspects a medical problem that cannot be easily detected with a routine physical examination.

If you have any questions concerning your exam, please talk to your physician or the MRI technologist.

Source: www.getcreative.gehealthcare.org

Don't forget to ask your health provider three basic questions!

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

For more information, visit www.npsf.org/askme3/

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 Mary A. Smith*
 Jeanette P. Snell
 Peter C. Snell*
 Kevin R. Spaulding*
 Tammy L. Spinner*
 Sherri L. Staib*
 Linda L. St.Denis*
 Michelle A. St.Hilaire*
 Kathryn K. St.Mary*
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 Linda D. Trumble*
 Mary Kay Tulloch
 Christina M. Tupia*
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 Elizabeth A. Tyson*
 Justinee C. Vanier*
 Laura A. Walbridge*
 Ann M. White*
 Connie L. Whitman*
 Sylvia M. Willett*
 Carol A. Wilson*
 Sue E. Zeman

* Denotes AHMC Employee

**2009 AHMC
 BENEFIT GOLF
 TOURNAMENT:
 \$2,500 & UP**

Wilson, Elser, Moskowitz,
 Edelman & Dicker, LLP

\$1500-2,499

Bond, Schoeneck &
 King, PLLC
 MedExcel USA, Inc.
 Medical Liability
 Mutual Insurance Co.
 TREO Solutions

\$1000-\$1499

Akwasne Mohawk Casino
 Liberty Mutual
 Manning & Napier
 Advisors, Inc.
 Mohawk Hospital
 Equipment, Inc.

\$500-\$999

Beardsley Design Associates
 BPA-Harbridge
 Commonwealth
 Financial Group
 Community Bank, N.A.
 Drs. Anjni Bhagat &
 Dr. Rajiv Shah
 Highline Technology, LLC
 Key Bank
 Malone Cellular/AT&T

MedHost
 Pizzagalli Construction Co.
 Sid G. Spear
 Sprague Energy

Under \$500

Black River Vending
 Services, Inc.
 Upstate Linac Services, LLC

In-Kind Donations

Air Products & Chemical
 Pepsi
 Symquest

HONORING:

Boyea & Ryan Families
 Gerald & Helen Ryan

Mary Kay Tulloch

Carolyn L. Gervais

Mr. & Mrs. Bob Pollard

May Moore-Richards

IN MEMORY OF:

**Boyea & Ryan Family
 Members**
 Gerald & Helen Ryan

Ross Biondo

George & Janet Biondo
 Jennifer Biondo-Mazurovski
 Jill Biondo-Cassini

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Mr. & Mrs. Robert Ashline
 Mr. & Mrs. William Delarm
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 Mr. & Mrs. Gerald LaPlante
 Mr. & Mrs. Dolphus Soulier
 Mrs. Donna Yurista

Maude Breen

Bob & Laura Bessette
 Gary & Candace Breen
 Stephen & Carol Breen
 Terry Breen
 John & Coleen Carter
 Ronald & Melba Cook
 Howard &
 Jacqueline Coombs
 Walter & Marlene Dewey
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 Dennis & Dilys Heinssen
 Charles & Maureen Layhee
 James & Wanda Layhee
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 H. Adele Ungerer
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 John & Sally Johnson

Brian & Linda McClarigan
 Barbara Maguire

Michael Connors

John & Beverly Connors

Phil Denny

Boralex New York LP

Gary Elmer, Sr.

Msgt. Steven R. Brown, Ret.
 & Carolyn Brown
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 Rosemary & Gary Racine
 Staff of Holmes
 Rehabilitation Department
 Elizabeth Thompson
 Vellano Bros., Inc.
 Women of the Moose

Gladys Hyde

Andy Pickett

Julia Kress

Jarold & Joan Hutchison

Gloria Marsh

Bruce & Frances Marsh

Kathy McGee

Anonymous
 Binghamton Material
 Handling, Inc.
 Carol Wolfanger

Andrew Richards

Co-workers of
 The Malone Telegram
 Donna M. Hanus

Leota M. Rockhill

Jim & Barbara Black
 Bob & Pat Black
 John & Mary Byrnes
 Judy Elmer
 Philip & Nellie Foley
 Franklin Correctional
 Facility Employees
 Friends & Family
 James & Mary Lou Griffin
 George Guyette
 Jean W. Jackson
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 Rita Richards
 Robert & Eleanor Rockhill
 Richard & Dorothy Weller
 Lloyd & Alice Wilkerson
 Ruth K. Worden

Thelma Welcher

Mr. & Mrs. Edgar Aiken
 Mr. & Mrs. Alan Ashline
 Mr. & Mrs. Donald Ashline
 Mr. & Mrs. Mark Ashline
 Mr. & Mrs. Robert Ashline
 Mr. & Mrs. William Delarm
 Department of
 Social Services
 Mr. & Mrs. Norman Dumont
 Mrs. Catherine Dunn
 Mr. & Mrs. Paul Dunn
 Mr. & Mrs. Wayne Duso

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 Gary & MaryKay Granata
 Mr. & Mrs. Robert Gravel
 Mr. & Mrs. Tom Hamilton
 Mr. & Mrs. Harold Lamondie
 Mr. & Mrs. Gerald LaPlante
 Mr. & Mrs. Douglas Malette
 Darrell & Millie Manley
 Mr. & Mrs. Carl Perry

Mac & Beverly Sanders
 Mr. & Mrs. Dolphus Soulier
 Dick & Cathy Tavernier
 Jim & Ann Marie Womble
 Mrs. Donna Yurista

Doryce White

Mr. & Mrs. John F. Taylor

OUR EMPLOYEES GIVE BACK

Through our employee giving program - ALICE Club (A Lasting Investment by Caring Employees) - our employees donate a portion of their salaries back to the Medical Center to improve the healthcare we deliver to the members of our community each and every day. 100% of the Senior Management Team participates, in addition to more than 225 management and staff members. Our employees have already contributed more than \$15,000 to the Medical Center this year!

**OUR BOARD OF DIRECTORS
 LEAD THE WAY**

As a show of their commitment and generosity, 100% of our board members have pledged to the Annual Fund in 2009 in addition to volunteering their time at the many employee and community-related events held throughout the year. We are grateful for their dedication and tremendous support.

We extend our sincere thanks to our Board of Directors for 100% participation in The Annual Giving Program at Alice Hyde Medical Center for 2009.

Gerald Rufa, Chair
Dr. Anjni Bhagat
Dr. Morris Browman
Dan Clark
James Coughlin
Carlos Dishman
Richard Ellis
Paul Goodrow

Dean Johnston
Dr. Ben Kelly
Craig LaVigne
Dick LaVigne
Phil Leroux
Mary Beth McKee
Terry Trudeau
Doug Yando

NEW VISION STUDENTS

Members of the New Vision Health Career Program recently held a Car Wash and donated the proceeds - more than \$500 - to the Medical Center. We would like to offer a special thanks to the students for their generous act of philanthropy and wish them well in their future endeavors.

In Touch with Health

community wellness programs

AL-ANON

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

ALCOHOLICS' ANONYMOUS

Date: every Sunday
Time: 9:00 – 10:00 a.m.
Date: every Friday
Time: 6:00 – 7:00 p.m.
Meeting Place: Main Floor Conference Room

ALZHEIMER'S SUPPORT GROUP

Date: first Wednesday of every month
Time: 7:00 p.m.
Meeting Place: Third Age Adult Center,
24 Fourth Street, Malone
Contact: 518-564-3370 or 518-564-3377

ARTHRITIS SELF-HELP 6-WEEK COURSE

Date: call for dates/times
Meeting Place: Main Floor Conference Room
Contact: Debbie Warren at 518-481-2247

BABYSITTER SAFETY COURSE

Date: call for dates/times (*offered in Spring & Fall*)
Meeting Place: Main Lobby
Contact: Debbie Warren at 518-481-2247

BREAST CANCER SUPPORT GROUP

Date: second Wednesday of every month
Time: 7:00 - 8:00 p.m.
Meeting Place: Main Floor Conference Room
Contact: Debbie Warren at 518-481-2247

BREASTFEEDING SUPPORT GROUP

Date: second Tuesday of every month
Time: 6:00 - 7:00 p.m.
Meeting Place: Main Floor Conference Room
Contact: Debbie Merrick at 518-481-2244

CANCER PATIENT SUPPORT SERVICES

Support services are available by request
Contact: Amy O'Connor at 518-481-2880

CHILDBIRTH EDUCATION 6-WEEK COURSE

Date: call for dates/times (*offered regularly*)
Time: 7:00 – 9:30 p.m.
Meeting Place: Education Classroom
Contact: Debbie Merrick at 518-481-2244

DIABETES EDUCATION 6-WEEK COURSE MANAGING YOUR DIABETES

Date: call for dates & to pre-register
Time: 6:00 – 8:00 p.m.
Meeting Place: New Cafeteria Conference Room
Contact: Anne McIlhenny at 518-481-2280

EYE ON THE COMMUNITY RADIO PROGRAM

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

HEART-TO-HEART SUPPORT GROUP

Cardiac support services are available by request
Contact: Sandy Mertz at 518-481-2319

HOSPICE BEREAVEMENT SERVICES

Date: call for dates/times
Meeting Place: Throughout Franklin County
Contact: Tammy Crinklaw at 518-483-3200

KIDNEY DISEASE & DIALYSIS SUPPORT GROUP

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

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS 6-WEEK COURSE

Date: call for dates/times
Contact: Debbie Warren at 518-481-2247

MULTIPLE SCLEROSIS SUPPORT GROUP

Date: first Wednesday of March, June, Sep-
tember, & December.
Time: 6:00 – 8:00 p.m.
Meeting Place: Main Floor Conference Room

ORGAN DONOR/RECIPIENT SUPPORT GROUP

Date: first Monday of every March, June,
September, & December
Time: 7:00 – 8:30 p.m.
Meeting Place: Main Floor Conference Room
Contact: Debbie Warren at 518-481-2247

SMALL SOULS SUPPORT SERVICES

*A bereavement support group for parents or
family dealing with fetal or neo-natal death.*
Date: Group meets upon request
Contact: Family Maternity Center at
518-481-2244

SMOKING CESSATION SUPPORT SERVICES

Contact: NYS Smokers' Quitline at
1-866-697-8487 or North Country Tobacco
Cessation Center at 518-481-1592

WEIGHT LOSS FOR WELLNESS 8-WEEK PROGRAM

Date: call for dates/times
Contact: Kristin Ellis-Wood at 518-481-2603

WEIGHT WATCHERS

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

****All programs are located at AHMC
unless stated otherwise.***

Learn more about AHMC's *In Touch with Health* community wellness programs at www.alicehyde.com/Services/Wellness.asp



Advanced medicine. Compassionate care.

Alice Hyde Medical Center
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