

To your HEALTH

Health Care Reform and YOU

If you've been reading the newspaper, listening to the radio, watching television, or surfing the web, you know that health care reform has been a top story and a national agenda item for President Obama and the Congress. Simultaneously, the shaky economy, particularly in New York State, is driving State leaders to make draconian cuts in health care—cuts that we know will impact our local health care system. What do reform and cuts to health care mean for you?

While the political pundits, journalists, and bloggers are having a field day talking about the politics of reform, we have not been hearing enough about what reform will mean to you, our community members. Why is that? In part, it

is because all the elements of reform are still being debated by Congress so there is no clear answer just yet. Our health care system has become so complex that it is difficult to sort out all the details and translate what they mean to our daily lives and health.

As the health reform debate rages on, Alice Hyde Medical Center continues fulfilling our mission of *providing quality healthcare with dignity and compassion to those we serve*. And, we are not waiting for Congress to finish its deliberations before we prepare for a changed health care system—we are looking at new initiatives and approaches for better coordinating care so that we keep our community healthy and effectively treat you when you are ill or injured. We continue to recruit needed physi-

cians to care for you and your family. It is hard to predict what the future will bring—either as a result of reform or from health care cuts—but at Alice Hyde Medical Center, we are committed to working with you and all members of the community to make sure that we all have access to high quality health care, when we need it, where we need it.

**NEW
Alice Hyde
Health Center
NOW
OPEN**
see page 2 for details



AHMC's *In Touch with Health* community wellness program, in collaboration with, the AHMC Auxiliary, North Country Health Care Providers (NCHP), Malone Central School District (MCSD), Cornell Cooperative Extension/Eat Smart NY, and the Greater Malone YMCA, recently hosted an evening of free health and fitness activities at the Franklin Academy High school. Pictured is Adam Fakir, 7 years old, getting his blood pressure checked by Susan McElwain, an RN on the Medical/Surgical Floor. Read more on page 9.

A Partnership *that puts the focus on YOU*



For the past five years, representatives from Alice Hyde Medical Center have been working with officials from the Franklin, Essex, and Clinton County's Health Departments and leaders from hospitals and other health care and social service organizations in the region to determine the health care needs of our communities and create local and regional plans for improving the health and well-being of our neighbors.

This fall, the Tri-County Mobilizing for Action through Planning and Partnership (MAPP) released an update of its comprehensive community health assessment. After an extensive process, which included a detailed examination of community health data and a process for selecting the top health priorities for our region, the MAPP Committee identified increasing physical activity and nutrition and expanding access to health care as the greatest health needs in our communities.

Together, the Franklin County Health Department and the Medical Center will be focusing our efforts on helping our community expand their access to health care and implementing initiatives to help our community members improve their nutrition and become more physically active. Activities like the Family Fun and Fitness Day held in November (picture on cover) and the opening of the new Alice Hyde Health Center are just recent examples of how we plan to fulfill our goals for access to health care and physical activity and nutrition. Also, take a look at the Healthy Tips and News You Can Use section of *To Your Health* (pages 3-5) for ideas on how you and your family can strengthen your own efforts for a healthier lifestyle.

For more details, take a look at the 2008 Community Service Plan on our website, alicehyde.com.

Thank you for your support!

A handwritten signature in black ink, appearing to read "John W. Johnson".

John W. Johnson
President/CEO

**NOW
OPEN!**

NEW Alice Hyde Health Center is Open!

On January 4th, the Alice Hyde Health Center, located in the Campbell Medical Building at 134 Park Street, opened its doors. This new health center combines urgi-care and primary care provider services for all community members. The Center is open daily from 9:00 a.m. to 9:00 p.m.

So whether you need care for a non life-threatening medical emergency or are looking for routine care from a health care professional, either call 518-481-2800 or stop by the new Center. New patients and walk-ins are welcome.

The Medical Center currently has health centers in Chateaugay, Moira, St. Regis Falls, and Fort Covington.

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



Twelve **HOLIDAY** *health and safety* Tips

You may have heard about the twelve days of Christmas, but what about the twelve ways to health? Give the gift of health and safety to yourself and others by following these holiday tips.

- 1. Wash hands often** to keep from spreading germs and getting sick. If soap and clean water aren't available, use an alcohol-based product.
- 2. Bundle up and stay dry** to keep warm. Dress in several layers of loose-fitting, tightly woven clothing.
- 3. Manage stress.** Keep a check on over-commitment and overspending.
- 4. Don't drink and drive,** and don't let anyone else drink and drive. Alcohol-related motor vehicle crashes kill someone every 31 minutes and injure someone every 2 minutes.
- 5. Be smoke-free.** Avoid smoking and secondhand smoke. If you smoke, quit today! Call 1-866-NY-QUITS or ask your health care provider for help.
- 6. Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt, according to the child's height, weight, and age.
- 7. Get exams and screenings.** Ask your health care provider what exams and tests you need to help find diseases and conditions early or before they start.
- 8. Get your vaccinations.** Vaccinations help prevent diseases and save lives. Ask your health care provider what vaccinations you should get, based on your age, lifestyle, travel plans, and medical history.
- 9. Monitor the children.** Keep dangerous toys, food, and household items out of their reach, including choking hazards like coins and hard candy. Make sure toys are used properly.
- 10. Practice fire safety.** Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Install a smoke detector in your home, and test it monthly.
- 11. Prepare food safely.** Remember these four simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
- 12. Eat healthy, and get moving.** Choose fresh fruit instead of candy, or select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Adults should get at least 30 minutes and children should get at least 60 minutes of moderate physical activity most or all days of the week.

Follow these tips to help keep you and your family safe and healthy during the holidays and all year long!

Stay on Track... take the **EXTRA** **CALORIES** out of **HOLIDAY COOKING**

- If you're heading out to a party, eat a light, healthy snack before you go. Broth-based soups, cereal with skim milk, or fruit are all good options!
- Modify recipes to reduce the amount of fat and calories. For example, when making lasagna, use part-skim ricotta cheese instead of whole-milk ricotta cheese. Substitute shredded vegetables, such as carrots, zucchini, and spinach for some of the ground meat in lasagna.
- Bring a low-fat dish to the party.
- When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.
- You've tried the leftover turkey sandwich, right? Now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, tomatoes, raw broccoli, carrots, or any of your favorite vegetables. Toss with a light salad dressing and some dried cranberries for an authentic holiday taste.



rethink...

your drink

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Limit your alcoholic beverage intake. Alcoholic drinks can have many calories, especially holiday favorites like eggnog. Cut or limit your alcohol calories by drinking more water.

Make your favorite recipes **HEART HEALTHY**



Substitute healthier ingredients

Adapted from Heart Healthy Living: Winter 2009

- Use low-fat or non-fat milk or cheese for part or all of the full fat versions called for in a recipe
- Substitute whole wheat and grains for refined versions
- Use low or no-salt added broth
- Substitute egg whites for all or part of the eggs in a recipe
- Use canola or olive oils in place of butter/margarine

Don't forget to... Bake or broil foods instead of frying them in oil and be sure to add extra vegetables for added fiber and antioxidants

**Heart
Healthy
recipes on
page 5!**

CLIP these delicious & nutritious RECIPES!



Winter Crisp

- FILLING:**
 ½ cup sugar
 3 Tbsp all-purpose flour
 1 tsp lemon peel, grated
 ¾ tsp lemon juice
 5 cups apples, unpeeled and sliced
 1 cup cranberries
- TOPPING:**
 ¾ cup rolled oats
 ½ cup brown sugar, packed
 ¼ cup whole wheat flour
 2 tsp ground cinnamon
 1 Tbsp soft (tub) margarine, melted

To prepare filling, in a medium bowl combine sugar, flour, and lemon peel, mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling. Bake in a 375° F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Makes 6 servings--Serving Size: 1-3/4-inch by 2-inch piece

Per serving: Calories: 284 | Total fat: 6 g | Saturated fat: 1 g | Cholesterol: 0 mg | Sodium: 56 mg

Source: National Heart, Lung, and Blood Institute as a part of the National Institutes of Health and Human Services



Homestyle Biscuits

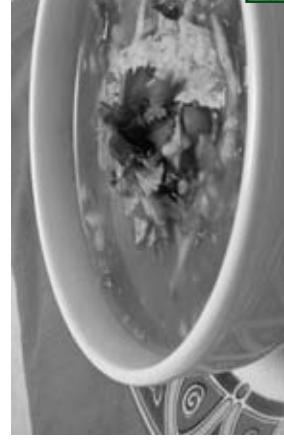
- INGREDIENTS:**
 2 cups flour
 2 tsp baking powder
 ¼ tsp baking soda
 ¼ tsp salt
 2 Tbsp sugar
 ¾ cup buttermilk, low-fat
 3 Tbsp + 1 tsp vegetable oil

Preheat oven to 450° F. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed. On a lightly floured surface, knead dough gently for 10-12 strokes. Roll or pat dough to ¾-inch thickness. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet. Bake for 12 minutes or until golden brown. Serve warm.

Makes 15 servings--Serving Size: 1 (2-inch) biscuit

Per serving: Calories 99 | Fat 3 g | Saturated fat less than 1 g | Cholesterol less than 1 mg | Sodium 72 mg

Source: National Heart, Lung, and Blood Institute as a part of the National Institutes of Health and Human Services



Homemade Turkey Soup

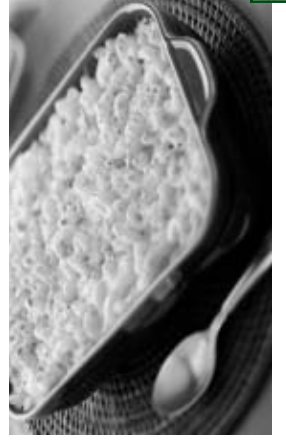
- INGREDIENTS:**
 ½ cup diced apple, unpeeled
 2 cups turkey breast
 2 medium onions
 3 stalks of celery
 1 tsp dried thyme
 ½ tsp dried rosemary
- ¾ tsp dried sage
 1 tsp dried basil
 ½ tsp dried marjoram
 ½ tsp dried tarragon salt & black pepper
 ½ lb Italian pasta or pasta

Place turkey breast in a large 6-quart pot. Cover with water, at least ¾ full. Peel onions, cut in large pieces, and add to pot. Wash celery stalks, slice, and add to pot also. Simmer covered for about 2-1/2 hours. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in the refrigerator. After cooling, skim off fat. While soup is cooling, remove remaining meat from turkey carcass. Cut into pieces. Add turkey meat to skimmed soup along with herbs and spices. Bring to a boil and add pasta. Continue cooking on low boil for about 20 minutes until pasta is done. Serve at once or refrigerate for later reheating.

Makes approx. 4 quarts of soup (16 servings)--Serving Size: 1 cup

Per serving: Calories: 226 | Total fat: 5 g | Saturated fat: 1 g | Cholesterol: 93 mg | Sodium: 217 mg

Source: National Heart, Lung, and Blood Institute as a part of the National Institutes of Health and Human Services



Classic Macaroni & Cheese

- INGREDIENTS:**
 2 cups macaroni
 ½ cup chopped onions
 ½ cup evaporated skim milk
 1 medium egg, beaten
 ¼ tsp black pepper
- 1 ¼ cups sharp cheddar cheese (4 oz), finely shredded, low fat
 nonstick cooking oil spray

Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350° F. Lightly spray saucepan with nonstick cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings--Serving size: 1/2 cup

Per serving: Calories 200 | Fat 4 g | Saturated fat 2 g | Cholesterol 34 mg | Sodium 120 mg

Source: National Heart, Lung, and Blood Institute as a part of the National Institutes of Health and Human Services

we put your safety first...

AHMC has joined "The Colors of Safety Across the Continuum of Care (CSACC) Program" to improve safety for hospital patients and nursing home residents. The CSACC program uses standardized color-coding to alert health care providers about patients that may have special medical needs. It helps to reduce confusion and enhance care by improving communication among patients, caregivers, and family members.

During the admission process, if a patient is assessed as having special needs, a colored clasp(s) will be attached to their wristband. The CSACC program requires standardized color coding as follows:

- purple clasps indicate a patient who has requested a "do not resuscitate" order
- red indicate that a patient has allergies, and



- yellow indicate patients who have a risk of falling.

AHMC has also added two additional alert colors:

- a green clasp for latex allergies, and
- pink for patients with limb impairments.

Medical Center health care providers will educate patients, nursing home residents, and family members so that everyone can play a role in the safety and care of the patient.



giving the best care...

To better serve our hospitalized patients, Alice Hyde Medical Center is looking at implementing a Hospitalist Program.

A Hospitalist is a specialist in the field of internal medicine, skilled in the latest diagnostics and treatments, who cares only for hospitalized patients. Generally, Hospitalists have no patients, they have no patient care responsibilities outside of the hospital, enabling them to focus exclusively on the acute care patients and their illnesses while hospitalized. Being in the hospital at all times, they are able to respond immediately to any change in a patient's condition.

Hospitalists at AHMC will be a partner with a patient's primary care physician, both coordinating care and treatment and working together on the patient care plan.

Look for more information to come soon.

New Faces... at AHMC!



Nader Elgharib, MD, a Cardiologist with expertise in both general and invasive cardiology is now seeing patients in a new full-time cardiology practice at AHMC. Dr. Elgharib is a member of the Faculty Practice Group at Fletcher Allen Health Care, Burlington, VT and is an assistant professor of Medicine at the University of Vermont College of Medicine. Dr. Elgharib completed his medical training at the Saint Joseph University School of Medicine: Beirut, Lebanon followed by a clerkship at Case Western Reserve University/University Hospitals of Cleveland in Ohio. He completed a fellowship in cardiovascular disease at Montreal Heart Institute, University of Montreal, Montreal, followed by interventional cardiology fellowships at the Montreal Heart Institute and at Saint Vincent Catholic Medical Center, New York Medical College, New York City. He is a member of the American College of Cardiology, the Canadian Cardiovascular Society and the American Medical Association and brings the expertise of general cardiology and coronary intervention to the patients of Alice Hyde Medical Center and Franklin County. To make an appointment, call 518-483-0042.

Narmin Girgis, DDS (Doctor of Dental Surgery) joined the AHMC Medical Staff and is providing comprehensive dentistry services including exams, oral surgery, veneers, and the management of dental emergencies at the Alice Hyde Dental Center in Malone. Dr. Girgis comes to Malone after receiving her Doctor of Dental Surgery at the New York University College of Dentistry in New York. She completed her residency in general dental practice at the New York Medical College Northern Consortium in New York. Dr. Girgis, a member of the American Dental Association and the American Student Dental Association, is now seeing patients at the Alice Hyde Dental Center located at 134 Park Street in the Campbell Medical Building. For more information or to schedule an appointment please call 481-2347.



Christine Peck, Physician Assistant, has joined the medical care team at Alice Hyde Medical Center. Ms. Peck provides preventive, acute, and chronic illness care at the AHMC In-House Clinic in Malone, NY. She received her Bachelor of Science Degree and her Masters of Physician Assistant Science from the Gannon University in Erie, Pennsylvania. She is certified as a Physician Assistant by the National Commission on Certification of Physician Assistants.



Michael A. Ricci, MD, a Vascular Surgeon at FAHC in Burlington, VT, is now performing surgeries and procedures at the FAHC Medical Office Building on the AHMC campus. Some of the areas that Dr. Ricci will treat include Chronic Venous Insufficiency and Varicose Veins. He will also be performing surgical wound debridement, which involves the removal of foreign material from and around a wound to optimise wound healing. Dr. Ricci's expertise will be especially important for the Medical Center's dialysis patients who were required to travel a minimum of an hour to receive fistulas, grafts, or shunts in order to begin dialysis—he will now be able to create these access points for our patients in Malone. AHMC's Dr. Hani Shahata, Nephrologist, will provide follow-up renal management care for Dr. Ricci's dialysis patients in Malone. Dr. Ricci received his medical degree from the SUNY Upstate Medical Center in Syracuse, NY. He then trained in General Surgery at the Guthrie Clinic in Sayre, PA and obtained vascular fellowship training from McGill University in Montreal. He has been at the University of Vermont and Fletcher Allen since 1989. For more information about vascular surgery or to make an appointment, please speak to your health care provider.



new faces continued on page 9



NEW *state-of-the-art*

CT Scanning at AHMC

The Medical Center's new CT machine delivers exceptional image quality of the entire body with improved resolution and lower radiation doses.

This sophisticated technology assists physicians in reaching decisive diagnoses to provide the best patient care possible.

The machine provides a non-invasive scan that is completed rapidly, providing accurate imaging of virtually all parts of the body, complimenting Magnetic Resonance Imaging (MRI) and ultrasound.

The CT can be used in many areas of medicine, from

assessing injuries of trauma patients to finding tumors, to plotting surgeries. To produce a CT image, computer-driven machinery passes X-rays through the body, producing digitized signals that are detected and reconstructed. Each X-ray measurement lasts just a fraction of a second and represents a "slice" of an organ or tissue. A computer then uses these "slices" to reconstruct highly detailed, 3-D images of organs and blood vessels throughout the body.

For more information about CT services at AHMC visit our website alicehyde.com or call AHMC's Medical Imaging Department at 518-481-2304.



REACHING OUT *to our community*

Pictured are AHMC Auxilians Kathy Evans, Molly McKee, and Beverly Marsden at the milk tasting booth.

AHMC's In Touch with Health community wellness program, in collaboration with the AHMC Auxiliary, North Country Health Care Providers (NCHP), Malone Central School District (MCS D), Cornell Cooperative Extension/Eat Smart NY, and the Greater Malone YMCA, recently hosted an evening of free health and fitness activities at the Franklin Academy High school. The event included a bounce house and obstacle course provided by B&D Entertainment along with demonstrations of Yoga and Zumba Latin Aerobics. Mr. Yuk also held magic shows throughout the evening. Information about the We Can! (Ways to Enhance Children's Activity & Nutrition), a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight, was available. The Auxiliary had a milk tasting booth and the Medical Center also provided free screenings.

NEW MRI *up and running!*



For more information, visit www.alicehyde.com,
or call 518-481-2304

Bryan Trombley, Pharm.D., R.Ph. has joined the staff of Alice Hyde Medical Center's Pharmacy Department. In addition to preparing and dispensing medicines, including intravenous drugs and chemotherapy, Mr. Trombley will use his clinical training and experience to help optimize clinical outcomes, develop procedures and protocols, and help ensure safe and effective medication use at Alice Hyde. He recently received his Pharmacy Doctorate from the Albany College of Pharmacy.



Dr. Gilbert Patenaude has joined the Franklin Essex Hamilton BOCES team as its new New Visions Instructor. BOCES and AHMC have collaborated for the past decade to give college-bound students a jump start in their careers by providing them with a unique opportunity to see firsthand the rewards and challenges of being a health care professional. The students experience the reality of the medical field as they shadow Medical Center providers in areas such as the Reddy Cancer Treatment Center, Holmes Rehabilitation Department, Stone Cardiac Rehabilitation Department, and the Family Maternity Center. The students return to their home schools for regular afternoon classwork. While at Alice Hyde Medical Center the students are taught program specific course work, for which they receive college credit.



As BOCES and AHMC enter the 10th year of the New Visions health program, they welcome Dr. Patenaude as the new Instructor. Dr. Patenaude, a licensed Chiropractor, comes to Malone after retiring his private practice in Lake Placid. He earned his Doctorate in Chiropractic Arts and Science from Palmer College in Davenport, Iowa. Prior to that, he graduated from SUNY Plattsburgh with a Bachelor's Degree in Applied Sociology.

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total gifts & pledges as of November 15, 2009

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 Lori S. Fernandini*
 Elizabeth Fessenden
 Pete and Lucy Fetterolf
 Megan K. Finch*
 Carolyn and David Fischer
 Krista L. Flint*
 Gregory E. Freeman*
 Elaine M. Gale*
 Geez Louise Boutique & Exchange
 Sandra D. Glendinning
 Marilyn C. Gokey*
 Brenda J. Gordon*
 Susan D. Griffin*
 Ann E. Hall*
 Jon S. Halley*
 Michelle A. Harris*
 Mark A. Helmer*
 Mr. and Mrs. Jerry Hickey
 Donald C. Hill*
 Holly L. Hiscock*
 Michael D. Holland
 Leigh A. Hooper*
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 Gloria J. Johnson
 Judith A. Johnson*
 Shelly D. Johnston*
 Robert S. Kyff
 Darline A. LaBarge*
 Barbara A. LaBombard*
 Donna M. LaBombard*
 William J. LaBrake*
 Gail S. LaFlesh*
 Kelli A. LaFlesh*
 Krista M. LaFlesh*
 Diana C. Lamica*
 Renee C. Lane*
 Karin L. LaPage*
 Mae C. LaPlante*
 Colleen A. Law*
 Jenna L. Law*
 Susan H. Leahy*
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 Rebecca L. Leigh
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 John W. Martin*
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 Sheila M. Mayville*
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 Deborah B. Merrick*
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 Dennis and Mary Murphy
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 Ann M. O'Neil*
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 Kayla M. Wheeler*
 Connie L. Whitman*
 Lacey L. Willett*
 Sylvia M. Willett*
 Kandy M. Wood*
 Sue E. Zemany

* Denotes AHMC Employee

2009 FALL/WINTER FUNDRAISING EVENTS

ART GALA AUCTION Artisits

Gail Bessette
 Jackie Burns
 Bill Burns
 Mary Cantline
 Nancy Child
 Jeanne Danforth
 Annie Destito
 Janice Farmer
 Cindy Gadoway
 Joan Gosselin
 Nancy Hale
 Ellen E. Hall
 Julia Holmes
 Charles Atwood King

Karen Lamitie-King
 Barry Lobdell
 Linda McClarigan
 Mary Agnes Murphy
 Angela Nephew
 Valerie Norwood
 Louise Pirotta
 Beverly Quenville
 Caron Raulston
 Anne Ray
 Arnold Sauther
 Linda Sauther
 Felix Tam
 Margaret Tsuda
 Judith Utter
 Judith Winters
Contributors
 Patrick Barber
 James and Gail Bessette
 Edward Duquette & Son, Inc.
 H&R Block
 Cindy Gadoway
 Angela Nephew
 Northern Adirondack Realty
 Beverly Quenville
 The Industrial Press

2009 WINTERFEST SKI BENEFIT

Adirondack Energy Products, Inc.
 Akwesasne Mohawk Casino
 Bill's General Repair, Inc.
 Jay V. Dewell, MD
 Fuller Insurance Agency, Inc.
 Northern Ambulance
 SeaComm Federal
 Credit Union
 Twinstate/
 Voice.Data.Video, Inc.

HONORING:

from July 16 - Nov. 15, 2009

Kyle Podlaski
 Eugene D. Barber

Dr. and Mrs. P.E. Stamatiabas and family
 John and Mary Byrnes

IN MEMORY OF:

from July 16 - Nov. 15, 2009

Clada Ashley
 Women of the Moose #285

Bessie and Ralph Benware
 Jim N. Benware

Thelma J. Benware Nursing Scholarship Fund
 Brass Thimble Quilt Group
 Roy and Joan O'Halloran

John Bonville
 Theresa Bashaw
 Barbara Bonville
 George and Elaine Lester

Arlean Bray
 Richard and Jeannine Golden

Shirley Chalifoux
 Joe Chalifoux

William A. Clermont
 Nancy Kehoe

Barbara Ann Cox
 Robert and Anna Cox

Joan Cunningham
 Lloyd and Claire Bailey

William J. Dorey
 Isabelle Dorey

Matt Gervais
 Anonymous

Paul J. Hinds
 Mrs. Paul J. Hinds

James Hoy
 Lowell and Dorothy Hoy

Robert and Cressy Lyng
 Ann and Joe Perry

Dr. Effat Macramalla
 Robert and Linda Bishop

Kathy McGee
 Thomas & Carmelita Lawson
 Women of the Moose #285

Jane D. Monheimer
 William Monheimer

Susan Mulholland
 Judy Elmer
 Debby St.Mary
 Women of Joy - First
 Christian Church
Gladys Quinn
 Dorothea McIntyre

Clemy K. Reynolds
 Donald Reynolds

Leota M. Rockhill
 Harold and Gail Parks

Frances English Walfield Selkirk
 Christine M. LaDuke

Ellen Simpson
 Donald J. Simpson

Dr. and Mrs. P.E. Stamatiabas and family
 John and Mary Byrnes

Cecilia Trombley
 Anonymous

Joey Veaudry
 Arlene Stone

Please Note
 Every effort has been made to ensure the accuracy of this listing. If you notice any errors or omissions, please accept our most sincere apologies and contact the Office of Philanthropy at 518-481-2837 so we may correct our records. Thank you.

Your investment helps the Medical Center purchase new and essential medical equipment that will expand upon the quality of care we provide to the members of our community.

The following is just a partial list of some vitally needed equipment in the year ahead, pending funding availability:

- Linear Accelerator - \$1,200,000
- Digital Mammography - \$566,000
- Chemistry Analyzer - \$400,000
- Ultrasound Unit for Medical Imaging - \$360,000

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 – 8:00 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

NARCOTICS ANONYMOUS

Date: every Monday
Time: 6:00 – 7:00 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-NY-QUITS

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



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