

# Meet Dr. Jan Close

AHMC's New Medical Director

In July, upon the retirement of Dr. Alfred Hartmann, Jan Close, MD, MMM, joined Alice Hyde Medical Center as Medical Director.

Dr. Close is no stranger to the North Country. For the past 22 years, he has had lived in Winthrop, been a practicing physician in internal medicine, and a member of the Medical Staff at Canton-Potsdam Hospital. Then why come to Malone?

"The position at Alice Hyde offered me an opportunity to apply what I know about clinical medicine and what I've learned about management," said Dr. Close, referring to receiving his Masters of Medical Management from Tulane University three

years ago. "As a practicing physician, I was able to take care of and advocate for, one patient at a time. As a clinical manager, I can fine tune a process or a guideline that offers value and impacts a larger number of people."

A native of Wisconsin, Dr. Close received his medical degree from Albany Medical College and did his residency in internal medicine at St. Mary's Hospital in Waterbury, Connecticut. For ten years he had an internal medicine practice in Norwood, New York and was also a member of the medical staff of Massena Memorial and Little Falls Hospitals. For

the last 11 years, Dr. Close served as Canton-Potsdam Hospital's Director of Emergency Services and, since 1997, he also served as the Regional Medical



Dr. Jan Close

Director of Emergency Physicians Associates, with oversight of five emergency departments with a combined total of more than 85,000 annual visits and approximately 22 physicians.

"Serving as the Regional Medical Director for five emergency departments really gave me the understanding about how clinical experience and

management expertise can make a difference in health care," explained Dr. Close. "Being a physician and a manager helps me understand the perspectives of both the hospital administration and the medical staff, which enables me to offer unique contributions to the medical and operational aspects of the medical center."

One of Dr. Close's passions is enhancing the quality of care for large populations of patients through closely examining variability in treatment. This means that he takes a look at patient data to determine if physicians are treating the same patient condition in the same way. Where

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**Being a physician and a manager helps me understand the perspectives of both the hospital administration and the Medical Staff**

variability exists, he asks why and works with the medical staff to identify the best way to treat common conditions such as pneumonia, congestive heart failure, chronic obstructive pulmonary disease; conditions that affect more than half of those treated at Alice Hyde.

"Developing this type of 'clinical guidelines' will enhance the care for every patient that comes to Alice Hyde," explained Dr. Close. "And, they also improve communications among physicians and patients. It is going to take some time and patience to develop these guidelines, but within the next couple of years we will start to see a real difference."

While being AHMC's Medical Director is a full-time job, Dr. Close continues to run the Clarkson University Health Service, as he's been doing for the past 20 years.

When he's not working, Dr. Close spends time with his wife, Patricia, and enjoys outdoors sports (hunting and fishing), a little golf, woodcarving and woodworking, gourmet cooking, and collecting wines. The Closes have three adult children who are all involved in science-related fields.

"I'm glad to be here at Alice Hyde Medical Center," said Dr. Close. "Being close to my home of 20 years and knowing that I can make a difference."

## Philanthropy

### Update

#### Give the Gift of Life

There are many ways you can make a gift to Alice Hyde Medical Center. The advantages of making a PLANNED GIFT to Alice Hyde Medical Center are:

- **Gifts of Cash**

You may get an immediate tax deduction

- **Gifts of Appreciated Property**

Large savings on estate taxes are possible

- **Gifts of Real Estate, Gifts of Life Insurance, and Gifts that Provide Income for Life to you**

The satisfaction of knowing your gift will benefit your local community Hospital for years to come.

Please keep in mind that as you begin to develop or update your estate plan, you should seek the counsel of a qualified attorney and other trained professionals. Please feel free to contact AHMC representatives about the best way to fulfill your personal financial needs when you include a gift to the Hospital.

Call the AHMC Development office at 518-481-2248 to request additional information or to make a gift. Thank you for your support.

#### GIFT OF SUPPORT:

William Gonzales/Wyeth Labs  
North Franklin Federal Credit Union  
Robert Dominic/Wyeth Labs  
Memory Tree 2003

#### MEMORIALS:

Marion Avery by Janet Hazel  
Christine LaDuke  
Neola Todd by Catherine and Don Grogan  
Myrna Langlois by Kalpana Reddy  
Christine LaDuke

I would like to contribute in the category checked:

I would like to donate:  \$100  \$50  \$25  Other: \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_

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*I/we have included the AHMC in my/our estate plan.*

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*Please send a gift card (amount of gift not included)*

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*\*A gift to Alice Hyde Medical Center is tax deductible to the full extent allowed by law.*

#### CIRCLE OF FRIENDS Renewals

Since January 2003:  
Charles and Mazie Hesseltine  
Earl and Joan Lavoie  
Barbara Drake  
Glen and Jean Davis  
Stuart Child  
Christian LaMarre  
Mary Kay Tulloch  
Paul and Francoise Goodrow  
Andrea L. Maiorana and Tiffany

Garth and Sharlene Callahan  
William and Carol Dirolf  
Lilyan MacKenzie  
Robert and Sherry Gaspar  
Michele Wiggins  
Ralph and Trudy Kriff  
Dorothy Dufrane

#### PINNACLE:

Lynn Basiliere  
Memory of Noel Basiliere

**What's a serving size?**

- One medium-size fruit
- 1/2 cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- 3/4 cup (6 oz.) 100% fruit or vegetable juice
- 1/2 cup cooked, canned or frozen legumes (beans and peas)
- 1 cup raw, leafy vegetables
- 1/4 cup dried fruit

- When grilling, be sure to wrap vegetables in aluminum foil or grill skewers of pineapple, eggplant, nectarines, zucchini, or cherry tomatoes.

**For Snacks and Desserts:**

- Drink 100% fruit and vegetable juices in place of high-calorie drinks, such as soft drinks. Remember, one serving is 6 ounces or 1/2 of a cup.
- Top off a bowl of frozen yogurt or low-fat ice cream with berries or sliced fresh fruit. They add flavor and texture and are an easy way to meet your 5-a-Day goal.

These 5-a-Day tips have been provided by the Education Department and [www.5aday.org](http://www.5aday.org)

**Smoking and Pregnancy**

In this edition of *To Your Health*, Dr. David Gorman, President of Alice Hyde Medical Center's Medical Staff and a practicing obstetrician/gynecologist in Malone and Plattsburgh, talks about the risks associated with smoking while pregnant.

About 12 percent of women in the United States smoke during pregnancy. Unfortunately, in Franklin County, this number is much higher. Cigarette smoke contains more than 2,500 chemicals, and, unfortunately we don't know which chem-

icals are harmful to a developing baby. However, both nicotine and carbon monoxide are believed to play a role in causing adverse pregnancy outcomes. And, if all pregnant women in the United States stopped smoking, there would be an estimated 10 percent reduction in infant deaths.

**How can smoking harm a newborn?**

Smoking nearly doubles a woman's risk of having a low birth weight baby. Low birth weight babies face an increased risk of serious health problems such as cerebral palsy, mental retardation, learning problems, and even death. Low birth weight can result from poor intrauterine growth, pre-term delivery, or a combination of both. And, it's not just smoking—studies suggest that regular exposure to second hand smoke may reduce fetal growth and also increase a woman's chances of having a low birth weight baby.

However, if a woman stops smoking by the end of her first trimester of pregnancy, she is no more likely to have a low birth weight baby than one who never smoked.

Babies whose mothers smoke during pregnancy are three times more likely to die from sudden infant death syndrome (SIDS) and exposing the baby to smoke once it is born also increases the risk of SIDS. More recent studies suggest that smoking may contribute to certain birth defects such as foot deformity (club foot) and cleft palate/cleft lip. Smoking during pregnancy has also been linked to childhood obesity, asthma, autism, and learning and behavioral problems.

**What type of pregnancy complications can smoking cause?**

Smoking in early pregnancy appears to increase a women's risk of having an ectopic pregnancy in which the embryo becomes implanted in a fallopian tube or other abnormal site instead of the uterus. Cigarette smoking also appears to double a



woman's risk of developing placental complications (which occur in about 1 percent of pregnancies). These include placenta previa, a condition in which the placenta is attached too low in the uterus and covers part or all of the cervix, and placental abruption, in which the placenta separates from the uterine wall before delivery. Both conditions can result in a delivery that jeopardizes the life of mother and baby, although a cesarean delivery can prevent most deaths.

Smoking may also increase a woman's risk of miscarriage.

**How can a woman protect her baby from the risks associated with smoking?**

The best way to protect the fetus is to quit smoking. If you plan to conceive a child in the near future, quitting is essential. A woman who quits within the first three or four months of pregnancy can lower the chances of her baby being born premature or with health problems related to smoking.

Pregnancy is a great time for a woman to quit! No matter how long she has been smoking, her body benefits from quitting because it lessens her chances of developing future tobacco-related health problems such as lung and heart disease and cancer.

It's important to stay smoke-free after the baby is born. Both mother and father should refrain from smoking in the home and ask visitors to do the same. Babies who are exposed to smoke suffer from more respiratory illnesses and ear infections than other babies.

If you would like to learn more about quitting smoking for both you and your family's health and well-being, contact AHMC's community wellness programs for information on classes and other supports.

**Dr. Hartmann Continues Caring Role in NYC**

*This summer, Dr. Alfred Hartmann, a native of Malone who practiced medicine here for close to 30 years, left the area to relocate to Manhattan. Given his rich history with Alice Hyde Medical Center and the Malone area, we asked Dr. Hartmann to share some of his thoughts about medicine and the Malone area and to give us a glimpse of what he's now doing.*

As many of you may know, I am a native of Malone—was born and raised here. Becoming a physician just seemed the right thing for me to do. I grew up with a father who was a physician and I liked science, particularly science as it related to people not strictly science in a lab environment. After finishing my medical

training, I was extremely fortunate to have had the opportunity to come back to practice medicine in Malone with Dr. Bert Davis, who was a tremendous influence in my life, while also indirectly assisting my father with his practice. For more than 25 years, I enjoyed the privilege of caring for and serving a group of people who needed and deserved good medical care. I consider this to be my greatest achievement. Other accomplishments, of which I am proud of, during my tenure with Alice Hyde Medical Center, include creating a relationship with Fletcher Allen Health Care, with Dr. Art Levy, and developing Alice Hyde Medical Center's Cardiac



*Dr. Hartmann in 1967 and in 2003*

Rehabilitation Program.

Just recently, I left the Malone area and headed to a very different environment. Some would say it was a 180-degree flip-flop. I've gone from a small rural town, where I had easy access to the outdoors, to a major metropolitan area with many other attributes, but limited access to the natural environs I have been so familiar with. While I do miss the beauty of the North Country, I am able to enjoy a touch of home when walking along the "Adirondack Trail" in Central Park and the river close to my new home. Most importantly I take pleasure in being closer

to my children. I'm also still practicing medicine here in New York City. Today, I work for the Visiting Nurse Service of New York in its hospice program where I not only help with administration, but also still see patients; in fact, I am now seeing patients in their homes in both Manhattan and the Bronx.

I do miss Malone and the wonderful, friendly, and progressive people who live there. I'd like to thank you all for allowing me to have been a part of your lives, for letting me care for you and your family, and for embracing me and my family as part of the community. I'd also like to extend my appreciation to the Alice Hyde Medical Center Administration and Board of Directors for its open-minded, progressive approach to providing health care services to the people of Malone.

I wish you all the best of health, joy, and happiness for the future.

**Technology  
News**

**AHMC Named One of "Most Wired" Hospitals in Nation**

**A**lice Hyde Medical Center was named one of the nation's Most Wired Small and Rural Hospitals, according to the 2003 Most Wired Survey and Benchmarking Study conducted by Hospitals & Health Networks in cooperation with McKesson Corporate and the Healthcare Information and Management Systems Society (HIMSS).

"Hospitals are empowering patients with information and providing tools to doctors and nurses to improve quality," says Alden Solovy, executive editor of *Hospitals & Health Networks*, the journal of the American Hospital Association, which has named the 100 Most Wired hospitals and health systems annually for five years.

"Technology that brings us closer to our medical colleagues and our patients has been a critical part of Alice Hyde Medical Center's game plan," said John W. Johnson, AHMC President/CEO. "We

made a conscious decision to invest in information systems and cutting edge technology because we know it is essential to our future. Innovations like Picture Archiving and Communications Systems and Electronic Medical Records are critical for rural hospitals like ours to be able to provide a full scope of services to our community."

The survey, completed and submitted by AHMC, measures hospitals on their use of Internet technologies for safety and quality, customer service, disaster readiness, business processes, and workforce issues. Results from the survey were used to determine the most wired and most wireless hospitals in the nation.

**Physicians at Alice Hyde Medical Center get the big picture from a tiny camera**

**A** tiny camera called the M2A capsule is making a huge impact on hard-to-diagnose intestinal problems, with the potential to help many more of the 19 million Americans who have diseases of the small intestine. This technology, capsule endoscopy, assists physicians in determining the cause for recurrent abdominal pain, diarrhea, bleeding or anemia in most cases where other diagnostic procedures, such as endoscopy or colonoscopy failed to determine the reason for symptoms. And it is now available in Malone.

"It is a great option for our patients," said Dr. Rajiv Shah, M.D., Internal Medicine/Gastroenterology, an active member of Alice Hyde Medical Center's medical staff. "The M2A provides a complete view of the digestive tract and all portions of the small intestine

without the discomfort that accompanies an endoscopy or colonoscopy."

Once a patient swallows the vitamin-pill sized video capsule, it travels through the body for eight hours and 40,000 images are sent to a data recorder worn by the patient on a waist belt. The M2A passes out of the body unnoticed.

"Another advantage of the M2A is the freedom the patient has to resume their normal daily routine as the capsule moves through the gastrointestinal tract," said Shah.

The images are put together as a 90-minute computer "movie," which the physician watches to find problem areas. The physician can pause, rewind, and fast-forward the images as needed. Because the M2A photographs the entire GI tract, physicians can see areas that cannot be viewed by other methods, such as endoscopy and colonoscopy. In certain chronic gastrointestinal diseases, the method can help to evaluate the extent to which your small intestine is involved or to monitor the effect of therapeutics. Physicians might use Capsule Endoscopy to obtain motility data such as gastric or small bowel passage time.

"The M2A allows for earlier diagnosis and treatment," said Dr. Shah.

To date, over 52,000 patients worldwide have swallowed the M2A and experienced the advantages of Capsule Endoscopy.

**PET: State-of-the-Art Imaging Comes to the North Country**

**A**lice Hyde Medical Center in Malone, Canton-Potsdam Hospital in Potsdam, and Massena Memorial Hospital in Massena, together with the Reddy Cancer Treatment Center in Malone and the Warner Cancer Treatment Center in Potsdam, have finalized plans to offer PET (Positron Emission Tomography) imaging

**Healthy News & Tips to Use**

**AHMC's New "In Touch with Health" Community Wellness Program**

**A** key ingredient for meeting our mission is offering educational programs that foster wellness and healthy lifestyle choices for all members of the communities served by Alice Hyde Medical Center. The Education Department's "In Touch with Health" Community Wellness Program is designed to provide, under one umbrella, all of the community outreach, wellness education, health screenings, support groups, lectures and seminars that have been and are being offered by many various departments at the Medical Center.

The Program provides needs assessment, development, scheduling, logistical, presentation and evaluation support, while bringing the expertise of the Medical Center's Departmental staff members to our community for state-of-the-art lectures, demonstrations, workshops, support groups and screenings, covering the full array of health related topics.

Among the areas for community education are: diabetes, heart disease, cancer prevention and treatment, asthma, advanced directives, diet and nutrition, exercise and health, stress management, allergies, depression, headaches, smoking cessation, baby sitter safety training, teddy bear clinic, safe driving, and car seat safety.

The Community Wellness Education Program serves as a focal point for health and wellness education for all ages and backgrounds, with interactive, engaging resources available for everyone. For further information, call 481-2247.

*Health Tips*

**Dieting: Do or Don't in 2004**

**H**as America's obsession with dieting resulted in a healthier nation? Consider the following:

- The number of people with diseases associated with obesity and inactivity such as heart disease and type 2 diabetes is on the rise.
- More than half of U.S. adults are overweight
- The number of overweight individuals continues to rise for all age groups.

Diets don't work. They are too restrictive and most do not provide strategies for permanent lifestyle changes. "People really need to take time to focus on changing their lifestyle instead of following a diet. Diets imply a short-term, quick fix rather than helping get to the root of their unhealthy habits and make long-term changes," advises Kristin Ellis-Wood, AHMC dietician.

Be cautious of any weight loss plan that promises quick weight loss or results that are too good to be true, promotes or excludes certain foods, or that claims to work for everyone. Be skeptical of diets that suggest that high priced supplements such as bars or shakes are necessary for weight loss. Persons with chronic diseases such as diabetes or high blood pressure should always check with their healthcare provider before beginning any diet plan.

The American Dietetic Association reminds us that, "successful weight loss (losing weight and keeping it off for at least five years) is accomplished by making positive changes to both eating habits and physical activity patterns."

Eat less and move more. Eliminate just 500 calories a day and you'll lose a pound a week. That's 52 pounds a year! Reading nutrition labels on the foods you buy can help you make healthier food choices.

While eating at your favorite fast food restaurant, ordering a salad (with low fat dressing) and low fat milk with your sandwich instead of French fries and soda will save hundreds of calories. Exercise burns calories and builds muscle, which aids in weight loss.

Other helpful hints that will aid in losing excess weight include: keeping a food diary, finding supportive friends and family members, and, most importantly, persevering!

Don't give up! Change isn't always easy, even if it is for the better. Be patient, you're a work in progress! You are more likely to be successful if you make gradual changes in your eating and exercise habits. It's better to make small changes that you can stick with for the long term. Commit to stick with any small change until it becomes a habit (approximately 3 months).

For more information about losing excess weight and strategies for keeping it off please call the Alice Hyde Medical Center, "In Touch with Health", Community Wellness Program at 481-2247.

**Five-a-Day the Easy Way**

Getting the recommended five to nine servings of fruits and vegetables every day is as easy as creating a rainbow on your plate.

Here's how.



**For Breakfast:**

- Wake up with 5-a-Day! Add sliced banana, blueberries, or raisins to cereal.

**For Lunch and Dinner:**

- At a restaurant, get some of your 5-a-Day by trying vegetable pizza, vegetable pasta (but watch out for cream sauces), or a fresh vegetable "wrap." Instead of French fries, order a plain baked potato, vegetable soup, or a small salad.



## New Faces at Alice Hyde

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Pennsylvania and a Territory Manager for US Food Service. Mr. Snell holds a Culinary Arts Degree from Paul Smiths College.

### Pamela Blume, RN, Clinical Nurse Manager

Pamela Blume recently joined Alice Hyde Medical Center as a Clinical Nurse Manager to oversee nursing care in the Alice Hyde Nursing Home. Her



background includes having served twelve years as a Registered Nurse, Sacred Heart Medical Center's Geropsychiatry Unit, in Spokane, Washington. Most recently, Ms. Blume

acted as Director of Nursing the Community Nursing Home in Potsdam. She is certified as a Mental Health and Psychiatric Nurse.

### Fletcher Allen Health Care Names New CEO

The Fletcher Allen Health Care Board of Trustees has named Melinda L. Estes, M.D., as president and chief executive officer of Vermont's academic medical center following a national search.

Dr. Estes, 50, is a neurologist and neuropathologist who also has a master's degree in Business Administration. She has spent most of the last two decades



in The Cleveland Clinic health care system, holding a variety of positions of progressive responsibility. Since 2001, she has served as chief executive officer and chair of the board of governors of Cleveland Clinic Florida where she oversees both Cleveland Clinic Naples and Cleveland Clinic Weston.

In addition to her tenure with the Cleveland Clinic health care system, Dr. Estes served as executive vice president and chief of staff for the MetroHealth System (MHS) in Cleveland from 1997-2000. In that role, she was responsible for all operational and financial management, strategic planning and hospital management of MHS, a 700+ bed academic medical center with an employee base of 5,000.

In addition to serving as head of neuropathology at the Clinic, Dr. Estes is the recipient of numerous awards and honors, and her research has resulted in more than 100 scientific papers having been published.

She received her medical degree from the University of Texas, Galveston in 1978, and completed a neurology residency at the University of Texas, Galveston in 1982. She also was a neuropathology fellow at The Cleveland Clinic Foundation from 1982-1984 and completed special training in pediatric neuropathology at the Children's Hospital of Philadelphia in 1984. Dr. Estes earned her bachelor of science degree from Sam Houston State University in Huntsville, Texas, and earned an MBA from Case Western Reserve University Weatherhead School of Management in 1995.

### Moving Forward Together

Alice Hyde Medical Center employees, medical staff, volunteers, and Board of Directors are entering 2004 together as a strong, cohesive family. As we reflect on the past year and look forward to the new one, the Alice Hyde Medical Center family is focused on our mission of providing high quality care for you, our patients and community members. While there were some difficult times late in 2003 as AHMC negotiated new employee contracts with Local 1199, we have emerged as a health care family who plans to build on our legacy of caring in the upcoming year. Thank you for your continued support.

## Kudos to AHMC Staff!

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*Alice Hyde Medical Center likes to hear from our patients! Here's what some of them told us in recent surveys:*

- *I am extremely impressed with all aspects of AHMC. I am from Plattsburgh and have told everyone I know how great AHMC is!*
- *Nurses are extremely kind and considerate!*
- *The discharge was wonderful—it let us leave at our own pace. We were not rushed at all, it was great!*
- *When we looked at Alice Hyde and met the staff members we were overjoyed. It was everything we wanted in a hospital and staff so we made the decision to give birth there and it was the best decision we made for our daughter... We loved our experience with your hospital. The staff was great they made it very easy to have my baby, they were there when needed and for any questions or help but gave us plenty of alone time to bond with our baby. Our family loved the staff, they were friendly and helpful to them as well.*
- *Thank you for the wonderful experience.*

technology to patients in St. Lawrence and Franklin Counties. The cooperative effort, called North Country PET Imaging, will begin serving the region this month, utilizing a mobile unit that will rotate between the three hospitals.

PET is an imaging tool that uses unique technologies with many different applications, in cancer treatment, neurology, and cardiology. While most imaging technology, such as X-ray, CT, and MRI show body structures, PET shows the actual chemical functioning of an organ or tissue. The technology allows for very accurate imaging of cancer, clearly differentiating between malignant and benign tissues and showing the spread of cancer better than existing tools.

PET imaging also has excellent results in assessing heart and brain tissues. PET scanning often shows changes in biochemical processes in tissues prior to traditional imaging tools that will only look for changes in actual structures. As a new state-of-the-art tool, it is not currently widely available. Only about 10 percent of hospitals nationwide offer this service.

"This state-of-the-art technology provides our communities access to the most advanced imaging capabilities available today—a significant health care enhancement for the North Country," stated John W. Johnson, Alice Hyde Medical Center President/CEO.

PET services will be available on a rotating basis at each hospital, having time with the PET scanner once per month per facility. The first Friday of each month, the scanner will be at Alice Hyde Medical Center. The fourth Friday will be a "floater day," allowing the PET scanner be located to best meet the needs of patients. Days and hours for the scanner will be increased as it is needed. Up to ten patients can be treated on any one day.

For more information, contact the Alice Hyde Medical Center Medical Imaging Department at 518-481-2304

## New Faces at Alice Hyde

### Emile Benardot, MD

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Emile Benardot, MD, a board-certified Pediatrician, has returned to Malone after



completing his internship and residency in pediatrics at Rush Presbyterian St. Luke's Medical Center in Chicago. He received his Doctor of Medicine Degree from Albany

Medical College of Union University in Albany, New York where he was the recipient of the Neil Hellman Prize, which is awarded annually to a member of the graduating class who has demonstrated outstanding sensitivity and commitment to humanistic values in dealing with patients. Dr. Benardot is a member of the American Academy of Pediatrics.

Benardot Pediatrics, which opened in November 2003, is located at 183 Park Street, Suite #2. Patients may call 483-5800 to schedule appointments.

### Julie Marshall, RN, BSN, Director of Primary Care Services

Julie Marshall, RN, BSN, has been appointed Director of AHMC's Primary Care Services and will oversee the four Health Centers, the Veterans



Administration Clinic, dental services and other primary care programs and services. She comes to Alice Hyde from Massena Hospital

where she served as Director of Quality Management and Risk Management. Ms. Marshall also has 14 years experience in patient family management and medical staff credentialing, as well as a background in perinatal services and nursing staff development. Currently, she is completing her Masters in Administration from SUNY Plattsburgh,

### Ada Santaferra, Community Wellness Specialist

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Recently, Ada Santaferra joined Alice Hyde Medical Center as Community Wellness Specialist to help bring wellness



education to North Country communities and to meet community health needs. Previously, she served as an Adjunct Instructor, SUNY

Potsdam; Project Coordinator, St. Lawrence County Health Initiative; and Interim Internship Coordinator for the Community Health Department at SUNY Postdam. Ms. Santaferra is also a volunteer with REACHOUT, 24-hour crisis counseling center, Special Olympics, and Meals on Wheels. She holds a Bachelor of Science in Community Health, SUNY Potsdam, a Master of Science in Teaching, Elementary Education, and is working toward a PhD in Public Health with a concentration in community health.

### Peter Snell, Food Service Manager

Peter Snell has joined Alice Hyde Medical Center as Food Service

Manager to direct all nutritional services for the Medical Center. Previously, he was a restaurant and catering service owner in



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# The History of Alice Hyde Medical Center

In 1805, the village of Malone was settled. In the ensuing years, a group of concerned citizens realized the need for a hospital to deal with seriously ill people who were forced to travel to Montreal, Ogdensburg, or Cornwall due to the lack of any proper health care facility. The few practicing physicians residing in Malone at the time were not equipped to care for the number of people in need of medical attention. In response to the lack of a health care institution, the cadre organized the Malone Hospital Association.

Lack of funds were preventing any progress on the new hospital. In 1908,

Mrs. Mary A. Leighton bequeathed an endowment fund of \$10,000 for the cause. A few years later Clarke J. Lawrence, vice-president of the Farmers' National Bank of Malone offered \$25,000 for the erection of a building; provided an equal amount was raised by subscription and the name changed to Alice Hyde Hospital Association. The name, as a result, became Alice Hyde Memorial Hospital in memory of his beloved niece who died a year earlier.

A fund raising campaign was started to meet the provisions declared by Mr. Lawrence, and \$50,000 was raised by all the surrounding towns. The directors of the hospital declared the majority of the

monies to be used to erect a two story fireproof building on the corner of Park and Third Street. The corner stone was laid in 1911 and the hospital formally opened on September 15, 1913.

Several years passed without any major changes to the hospital until 1930 when the American Legion made a generous donation that provided a means to build a pediatric ward to be located in The American Legion Memorial Wing. The community supplemented the remaining costs through fund-raising. More additions were built in the 1950s, such as a five story structure, housing medical, surgical, obstetrical, and nursing units, as well as



The 1911 ground-breaking for Alice Hyde Memorial Hospital.

## About Alice Hyde...

Miss Alice Lawrence Hyde was born in Benone, Mich, in 1866, the daughter of Susan Persons Hyde and Henry Fitch Hyde, who was the brother of Mrs. Lucy Hyde Lawrence of Malone.

In 1878, when Miss Hyde was 12 years old, her mother died of cancer and she came to Malone to reside with her aunt and uncle, Mr. Clark J. Lawrence. Miss Hyde attended the Malone public schools and graduated from Franklin Academy in the class of 1884. She entered into all the activities of the young people in the school and in the Congregational Church, of which she was a member since May 2, 1880.

Riding, skating, snowshoeing, and tennis were the sports of her day and she enjoyed them all. She loved her home and under the guidance of her aunt, became a truly expert homemaker, accepting much of the responsibilities of their household duties. She enjoyed gardening also and always was willing to help the gardener at her uncle's home. She supplied flowers for church every Sunday for a number of years.

Mr. and Mrs. Lawrence were ardent travelers and Miss Hyde always accompanied them.

In 1899, Miss Hyde helped form the Adirondack Chapter of the Daughters of the American Revolution with ten charter members and served as the first treasurer.

In the last years of her life, she developed cancer of the arm and in spite of several periods of treatment and hospitalization in the Ogdensburg Hospital, courage and determination kept her interested in her usual activities. She never talked of her illness and was reluctant to mention it.

On the morning of July 4, 1909, in her 44th year, Miss Hyde died suddenly of carcinoma, with Dr. D.R. Belding as the attending physician.

dietary, x-ray, emergency, and laundry services.

A rise in the need for long-term care for seniors in the community prompted the association to open a twenty-four bed nursing home to meet the needs of the elderly. Because additional space was needed, in 1968, a two-story home was dedicated and the forty-five rooms were quickly filled. By 1972, the second floor was also occupied with residents and the project was complete.

The increasing need for an intensive care unit became evident in the early 1970s. The ICU was built and specially trained doctors and nurses were hired to care for the patients with sophisticated equipment. This new addition also included four new rooms in the medical unit, two of which were reserved for isolation.

With the advent of the 1980s, the hospital realized the need to provide optimal health care and the need to keep pace with advances in technology. In order to do so, an addition was built containing a new emergency room, operating room, suites, laboratory, and X-ray department in 1989.

Since 1990, Alice Hyde has undergone a tremendous expansion. During the past decade, AHMC:

- ◆ upgraded CT scan twice and upgraded again in 2003 for improved medical imaging
- ◆ began using an MRI
- ◆ updated the mammography unit
- ◆ opened an ER overflow unit
- ◆ implemented an on-line computer system to streamline communication and increase the over-all quality of all hospital operations
- ◆ initiated community benefit activities such as, a public forum on lyme disease, breast cancer, and various support groups
- ◆ established four new health centers in communities surrounding Malone
- ◆ opened an in-house dental clinic

- ◆ established a state-of-the-art Hemodialysis center
- ◆ expanded the Holmes Outpatient Physical Therapy Department
- ◆ opened the sophisticated, cutting edge Reddy Cancer Center
- ◆ established a Veteran's Clinic
- ◆ completed a new Ambulatory Care Center
- ◆ opened the Stone Cardiac Rehabilitation Center
- ◆ acquired the Holmium Laser, one of only three in the United States at the time
- ◆ introduced the Mammatone Breast Biopsy System
- ◆ opened The Women's Imaging Center
- ◆ renovated the Intensive Care Unit
- ◆ initiated the Telemedicine Link with Fletcher Allen Health Care
- ◆ began the New Visions program, offering local college-bound students an opportunity to study medicine at AHMC
- ◆ opened its expanded and renovated Family Maternity Center
- ◆ implemented the Pyxis MedStation Rx System 2000, which automates the distribution, management, and control of medications
- ◆ acquired a new digital x-ray system
- ◆ received an award from the American Heart Association's Emergency Cardiovascular Care Committee for its work as a training center and for being in the top 10 percent in growth of training programs in Eastern New York State
- ◆ signed a stronger, amended affiliation agreement with Fletcher Allen Health Care
- ◆ was the recipient of the nation's Most Wired Award for Small and Rural Hospitals

**Calendar  
of Events**

**Community  
Wellness Programs**

**Alzheimers Support Group**

Date: First Wednesday of every month  
Time: 7:00pm  
Meeting Place: North Country Home Services

**Breast Cancer Education Sessions**

Date: First Thursday of every month  
Time: 5:00pm-7:00pm  
Meeting Place: AHMC Main Floor Conference Room

**Diabetes Education Program**

Contact: Hallie Garland/Anne Slocum  
Phone: 481-2427 or 481-2280  
Date: Six-week session  
Time: 5:30pm-8:30pm  
Meeting Place: AHMC New Cafeteria Conference Room

**Diabetes Support Group:**

Date: Third Thursday of each month  
Time: 6:30pm-7:30pm  
Meeting Place: AHMC New Cafeteria Conference Room

**Hospice Bereavement Services**

Date: varies  
Time: varies  
Meeting Place: throughout Franklin County

**Lamaze Classes**

Date: ongoing; every Monday for six weeks (two weeks between sessions)  
Time: 6:00pm-9:30pm  
Meeting Place: AHMC Education Classroom G015

**Narcotics Anonymous**

Date: every Monday  
Time: 4:00pm  
Meeting Place: St. Joseph's Church, crying room

Date: every Friday

Time: 6:30pm  
Meeting Place: Malone Adult Center, Morton St.

**Organ Donor/Recipient Support Group**

Date: First Monday of every month  
Time: 7:00pm-8:30pm  
Meeting Place: AHMC Main Floor Conference Room



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**“Man to Man” Prostate Cancer Support Group**

Contact: Reddy Cancer Treatment Center  
Phone: 1-518-483-9190  
Date: First Tuesday of every month  
Time: 7:00pm-8:30pm  
Meeting Place: AHMC Main Floor Conference Room

**Small Souls Support**

Upon request

**Smoking Cessation**

Date: appointments are available at the Medical Center on Thursdays  
Time: appointments are scheduled for 9:00am, 10:00am, 11:00am  
Meeting Place: AHMC Main Floor Conference Room

**Cardiac Support Group**

Date: First Wednesday of every month  
Time: 6:00pm-8:00pm  
Meeting Place: AHMC Main Floor Conference Room

**Weight Watchers**

Date: every Monday Night  
Time: 6:30pm until weigh in is completed  
Meeting Place: AHMC Cafeteria

**Massena**

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

**About Medicare Advanced Beneficiary Notices**

Alice Hyde Medical Center, along with all hospitals nationwide, must follow rules and regulations of the Medicare program, which provides health care coverage for individuals 65 and over and/or individuals with disabilities. One of the Medicare rules is that it will only pay for tests that it feels are reasonable and necessary, and Medicare and other companies it contracts with to pay bills determine what tests will be covered. If these companies determine that a particular diagnosis is not a valid reason for a test to be performed, then it would not be covered and an individual may have to pay for it. Given this Medicare rule, hospitals like Alice Hyde would then be required to give an Advanced Beneficiary Notice (ABN). An ABN is a waiver that must be signed by Medicare Beneficiaries when tests are ordered that may not be paid for by Medicare. For more information please contact: 1-800-MEDICARE or go on-line at www.medicare.gov.



an affiliate of Fletcher Allen Health Care

**To Your Health..**

*Alice Hyde Medical Center's Newsletter Designed Just For You!*

I invite you to read through the first edition of *To Your Health*, Alice Hyde Medical Center's newly formatted community newsletter. Building on *Beyond Health Care 2000*, this re-vamped newsletter provides you with health tips, the latest news and medical advances available at Alice Hyde Medical Center and our partner Fletcher Allen Health Care, updates about new faces in our health care community, and a calendar of events for educational programming and fundraising events.

Since the publication of our summer newsletter, we have so much news to share! As you may know, this year, Alice Hyde Medical Center celebrated its 90th anniversary. It is truly amazing how much has changed in health care and here at AHMC in the past century. Two things have remained constant throughout our history however—our dedicated employees and physicians and our caring and supportive community. Our thanks for all your continued support. More information about our anniversary is

included on pages 6 and 7 of this newsletter.

Also during the past quarter, Dr. Alfred Hartmann, who had been a member of the Alice Hyde Medical Staff since 1974 and our Medical Director



John W. Johnson  
President/CEO

for five years, retired and moved to New York City to be closer to his children and grandchildren. We are fortunate that Dr. Jan Close joined us as Medical Director upon Dr. Hartmann's retirement. In this edition of *To Your Health*, Dr. Hartmann shares his thoughts about Malone and his tenure at Alice Hyde Medical Center and we've also included a profile about Dr. Close so that you can get to know him.

Other news of note include our recent award as one of the nation's most wired small and rural hospitals and the establishment of our new *In Touch with Health* Community Wellness program—expect more information about this in coming editions of *To Your Health*.

**We will continue to fulfill our commitment to bring you advanced medicine and compassionate care.**

It is with pleasure that we share this inaugural edition of *To Your Health* with you and your family. We welcome your comments and suggestions.

On behalf of the Board of Directors, the staff, and the physicians at Alice Hyde Medical Center, I'd like to

thank you for supporting us. We will continue to fulfill our commitment to bring you advanced medicine and compassionate care.

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