

Winter 2007

# To your HEALTH



## Building a Healthier Tomorrow

What is good health? What does it mean when we talk about someone being healthy? According to the World Health Organization—the agency from the United Nations charged with helping all people attain the highest level of health—health is “a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” When viewed this way, being healthy encompasses all aspects of our lives, from where we live, to what we eat, to our relationships with family and friends.

Although the primary responsibility for making sure we stay healthy falls on each individual, there are many others in our

lives and in our communities who are partners in helping to keep us healthy. One of the partners for good health in the North Country is Alice Hyde Medical Center (AHMC). Although initially established to provide “sick” care to families in the Malone area, AHMC

has grown to be a prime partner in helping to keep the community healthy while still providing traditional hospital services like emergency care, surgery, maternity, and intensive care.

Through its *In Touch With Health* community programs, newsletters and

other patient education, and services like rehabilitation and nutrition, AHMC helps you identify ways to improve your health and offers resources to you and your family for *building a healthier tomorrow*.

This phrase has many meanings for our community and it calls on all of us to participate and play an active role in ensuring a healthier tomorrow for our family, friends, and neighbors. For Alice Hyde Medical Center, *building a healthier tomorrow* means that we will continue to care for our friends and neighbors, that we will make sure they have access to the latest technology and treatment within up-to-date and safe facilities, and that we change and grow as our community's needs change and grow.

This edition of *To Your Health* offers a wide range of tips on how you can help *build a healthier tomorrow* by taking care of yourself today and offers a glimpse of what's happening at Alice Hyde Medical Center to help keep you healthy as we do our part to *build a healthier tomorrow*.

**Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.**

The World Health Organization (WHO)

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# If you haven't seen us lately...

...THEN IT'S TIME FOR YOU TO TAKE A FRESH LOOK AT ALICE HYDE MEDICAL CENTER



## Kudos

*"Caring, attentive, and friendly. What a great small town experience!"*

*"The staff make the experience outstandingly pleasant at a time of apprehension."*

*"I was very pleased with both the expertise and the quality of the nursing care."*

*"I was absolutely delighted with the quality of care."*

*"the finest medical staff I've ever seen."*

*"It is an honor to work with such caring and kind people!"*

During the last decade, Alice Hyde Medical Center has made major strides in becoming one of the most technologically advanced health care institutions in the North Country. In conjunction with members of the community, we have identified and kept pace with our community's health care needs and worked hard to ensure that we provide state-of-the-art procedures and technology.

As our tag line says, Alice Hyde is successfully providing advanced medicine and compassionate care. Today, Alice Hyde Medical Center has highly qualified, top-notch physicians in all areas of specialty including surgery, internal medicine, obstetrics, pediatrics, dermatology, and gastroenterology. We have four family health centers bringing preventive and routine care to your backyard. Our medical imaging services include the latest technology for quick and comprehensive diagnosis of illness and injury. Through our in-house clinic and growing emergency department, we offer "just in time" care for life's emergencies.

Now we are building for the future, or as we have been calling it, *building a healthier tomorrow*. You may have noticed the construction happening on our Malone campus: we are in the midst of expanding our rehabilitation services to meet the growing demand of residents' for comprehensive rehabilitation services, including an aquatic therapy pool. There are more details about the new Alice Hyde Medical Center Rehabilitation Center on page 7.

We are hopeful that the next edition of *To Your Health* will provide you with details of a larger building project that includes plans for expanding the emergency department and the ambulatory surgery unit as well as the relocation of services to make our patients' and their families' time at the hospital more efficient and convenient.

In the meantime, I encourage you to join us in *building a healthier tomorrow* by taking advantage of the tips in this edition of *To Your Health*, beginning with more nutritious eating and increasing the physical activity of you and your family.

I am confident that, together, we can all build a healthier tomorrow for our region.

John W. Johnson  
President/CEO



# Healthy News & Tips to Use

## HELPING OUR FAMILIES EAT HEALTHIER AND BE MORE ACTIVE



**T**wo of the fundamentals of good health are eating right and exercising. *The Dietary Guidelines for Americans: 2005*, developed by the Center for Nutrition Policy and Promotion of the U.S. Department of Agriculture, describes a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The same guidelines call for physical activity. What is physical activity? It simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.

**Changing our diet is something we choose to do, not something we are forced to do. Instead of dreading it, try saying, "Here's another thing I get to do to help myself. Great!"**

Greg Anderson

Interested in learning more about a healthy diet and physical activity?  
Call the *In Touch with Health* community wellness program at 518-481-2247.

## TIPS TO HEALTHY EATING AND PHYSICAL ACTIVITY FOR CHILDREN

**T**he American Dietetic Association, National Center for Nutrition and Dietetics, the Internal Food Information Council Foundation, and the President's Council on Physical Fitness and Sports offer the following 10 Tips to Healthy Eating and Physical Activity for kids aged 9-15—but there are lessons for all ages:

- Start your day with breakfast.
- Get Moving!
- Snack smart.
- Work up a sweat.
- Balance your food choices—don't eat too much of any one thing.
- Get fit with family or friends.
- Eat more grains, fruits, and vegetables.
- Join in physical activities at school.
- Foods aren't good or bad.
- Make healthy eating and physical activities fun!



**For helpful food and nutrition information, visit**

[www.eatright.org](http://www.eatright.org)  
American Dietetic Association

# Healthy News & Tips to Use

## WHAT'S YOUR NUTRITION & PHYSICAL ACTIVITY IQ?

Can you fill in the blanks to find these secrets to healthy eating and physical activity?

1. Eat from the five food groups every day. These include: a) \_\_\_\_\_, cereals and grains, b) fruits, c) vegetables, d) milk, yogurt and cheese, and e) \_\_\_\_\_ and proteins.
2. Do moderate physical activities for \_\_\_\_\_ minutes daily.
3. Eat \_\_\_\_\_ to get going in the morning.
4. Vigorous activities make you \_\_\_\_\_ and breathe hard.
5. Eat a \_\_\_\_\_ of foods every day.
6. Take a 10 minute \_\_\_\_\_ break every hour while you read, \_\_\_\_\_ or do homework.
7. Smart \_\_\_\_\_ are just what you need if you get hungry between meals.
8. Be sure to \_\_\_\_\_ your muscles before and after work-outs.
9. Keep \_\_\_\_\_ to stay in shape.

Answers: 1. (a) breads, (e) meats, 2. 30, 3. breakfast, 4. sweat, 5. variety, 6. activity, 7. snacks, 8. stretch, and 9. moving.

## HELPFUL HINTS TO REDUCING STRESS

The first step is to recognize when you're feeling stressed. Signs of stress include tension in your shoulders and neck or clenching your hands. The next step is to determine the best way to deal with your stress. One way is to avoid situations that trigger your stress whenever possible. Many situations are unavoidable but you can reduce anxiety by controlling your reaction in these stressful circumstances. Often, you can anticipate the triggers so by preparing a game plan you may reduce or even eliminate your stress.



- Don't worry about things you can't control, like the weather.
- Prepare to the best of your ability for events you know may be stressful, like a job interview.
- Try to look at change as a positive challenge, not a threat.
- Work to resolve conflicts with other people.
- Ask for help from friends, family or professionals.
- Set realistic goals at home and at work.
- Exercise on a regular basis.
- Eat well-balanced meals and get enough sleep.
- Get away from your daily stresses with group sports, social events and hobbies.

© American Academy of Family Physicians, visit, [www.familydoctor.org](http://www.familydoctor.org)

# Healthy News & Tips to Use

## TAKE CARE OF YOUR MOUTH

**W**e hear a lot about making sure we have good oral hygiene. But what does this really mean? It simply involves the removal of plaque (a thin, transparent film) and food from the teeth and gums. If plaque is removed regularly, then the bacteria in your mouth will not be in contact with the tooth surfaces long enough to allow the build-up of acid necessary to cause the breakdown in tooth enamel that leads to cavities.

### What can you do to help encourage good oral hygiene for yourself and your family?

- Brush twice daily and floss at least once a day.
- Use an antiseptic mouthwash to kill bacteria and maintain a cleaner mouth (children can begin doing this once they are old enough to swish it around without swallowing).
- If possible, brush your teeth after every meal.
- Rinse vigorously with water after eating.
- Ensure that you and your children visit your dentist twice a year for checkups.



If you have questions or would like more information about good oral health, contact the Alice Hyde Dental Center at 481-2347.

## HEALTHY BREAKFAST AND SNACK IDEAS

### Quick Breakfast Ideas

- fruit smoothie made with frozen fruit, low-fat yogurt, and juice low-fat yogurt sprinkled with low-fat granola
- oatmeal with low-fat or fat-free milk, or soy-based beverage
- whole-wheat toast with a thin spread of peanut butter
- low-sugar cereal with soy-based beverage

### Easy Snack Ideas

- low-fat or fat-free yogurt
- rice cakes
- fresh or canned fruits
- sliced vegetables or baby carrots
- dried fruit and nut mix (no more than a small handful)
- air-popped popcorn sprinkled with garlic powder or other spices
- low-sugar cereal

© National Institute of Diabetes and Digestive and Kidney Diseases.



# Healthy News & Tips to Use

## FACTS AND TREATMENT FOR VARICOSE VEINS

ABOUT 25 MILLION AMERICANS, PARTICULARLY THOSE AGED 30 TO 70, ARE AFFECTED BY VARICOSE VEINS.

*National Heart Lung and Blood Institute.*

### What are varicose veins?

Varicose veins are swollen and twisted veins that are visible just under the surface of the skin. They appear most commonly in the legs, but also can develop in other parts of the body.

Veins are blood vessels that carry blood from the tissues of the body to the heart. In the heart, blood is pumped to the lungs to pick up oxygen. The oxygen-rich blood is then pumped out to the body through the arteries. From the arteries, blood flows through tiny blood vessels called capillaries, where it gives up its oxygen to the body's tissues. The blood then returns back to the heart through the veins to pick up more oxygen.

Veins have one-way valves that help to keep the blood flowing toward the heart. When the valves don't work well, blood backs up and pools in the veins. This causes them to swell and become varicose veins.



### Who is at risk for varicose veins?

Risk factors for developing varicose veins include:

- **Genetics.** Having a family member with varicose veins may increase the risk for developing them. Approximately half of the people who get varicose veins have a family history of them.
- **Age.** The normal wear and tear of aging may cause valves to weaken and not work as well.
- **Gender.** Women are two to three times more likely to develop varicose veins than men. Up to half of American women have varicose veins. Changes in hormones due to puberty, pregnancy, menopause, or taking birth control pills may increase a woman's risk of developing varicose veins.
- **Pregnancy.** During pregnancy, the growth of the fetus increases the pressure on the veins in the legs. Varicose veins that occur during pregnancy usually improve within 3 to 12 months following delivery.
- **Overweight and obesity.** Having extra weight on the body can put additional pressure on the veins.
- **Prolonged standing or sitting, particularly with legs bent or crossed.** When standing or sitting with legs bent or crossed, the veins have to work harder to pump the blood up to the heart.

### How Can Varicose Veins Be Prevented?

Varicose veins can't be prevented from forming, but there are ways to reduce the severity of existing varicose veins and the risk of getting new varicose veins. To decrease the risk for and severity of varicose veins, you can:

- **Exercise.** Moving your legs by walking or other forms of exercise can help move blood through your body.
- **Control your weight.** If you are overweight or obese, losing weight will reduce pressure on your veins.
- **Avoid high heels and tight clothes.** Flat or low-heeled shoes give your calf muscles a better workout, which will help to improve muscle strength and blood circulation. Avoiding tight clothing will reduce unnecessary pressure on your veins.
- **Avoid excessive standing or sitting with your legs bent or crossed.** This will help blood flow and avoid additional pressure on your veins. During long periods of standing, try to take sitting breaks often.
- **Elevate your legs.** Elevating your legs when sitting, resting, or sleeping can help the flow of blood, especially if your legs are raised above the level of your heart.

**If you are concerned about varicose veins or other related vein problems, contact Dr. Sharon, a surgeon who recently joined the AHMC Medical Staff. He can be reached at 481-2842.**

# Update: Building a Healthier Tomorrow

## CONSTRUCTION ON NEW REHABILITATION & ORTHOPEDIC CENTER UNDERWAY

**O**n August 12, 2006, Alice Hyde Medical Center broke ground for a new rehabilitation center that will provide more space and privacy for individuals who come for therapy. A major feature of the center, scheduled to be completed by May 2007, is an 8 x 16 aquatic therapy pool that provides state-of-the-art treatment for non-weight bearing therapy. Patients and their families will now also have convenient access to physician's offices, which will be located in the Center as well.



Stay tuned for further details about the Alice Hyde Rehabilitation & Orthopedic Center, located adjacent to the 183 Park Street Medical Building and for details of the *Building a Healthier Tomorrow* building project designed to expand and upgrade the Emergency Department, Ambulatory/Outpatient Center, and other ancillary departments.

## AHMC RENAMES EMERGENCY DEPARTMENT

**T**wo long-time supporters of the Alice Hyde Medical Center were recently honored when the Medical Center renamed its emergency department the "Jack and Inge Hinman Emergency Department." AHMC renamed the ED in recognition of the Hinman's outstanding leadership in health care and their unwavering

support of the Medical Center and the local community. A plaque honoring the couple was hung just within the emergency department main entrance.

Mr. Hinman, most frequently recognized for his work as both a Franklin Academy teacher and administrator, has a long history with volunteer services. He is a member of the Rotary Club, the American Legion, and the Masonic Lodge. Mr. Hinman has also served as a board member for the Franklin County Heart Association, the Alice Hyde Medical Center, the New York State Hospital Trustees Committee, and the Alice Hyde

Medical Center Foundation.

Mr. Hinman's wife, Inge, has also been an active volunteer at the Medical Center. Mrs. Hinman was employed by Alice Hyde as a medical lab technician from 1956 to 1962 when she resigned while holding the position of chief technician. She went on to volunteer her time with the Malone Chamber of Commerce, the Farrar Home, North Country Community College, and the Congregational Church. She was also the first patient representative at Alice Hyde in 1980, a member of the board of directors for the American Heart Association, and both an Auxilian member and former president.

"We are humbled by this honor as are our children. We really have only done what we love for our community and Alice Hyde Medical Center," said the Hinmans. "Thanks for this great honor and we hope to continue working with the Medical Center."



# New Faces at AHMC

## AHMC WELCOMES NEW FACES



**J**oel Benware, a Malone native, has returned to the area and is serving as Alice Hyde Medical Center's Director of Technology. In this position, he will steer the department's efforts to enhance the patient experience and improve employee operations through the implementation of advanced information technology. Benware received his Bachelors Degree in Secondary Education and Political Science from SUNY Potsdam and his Masters Degree in Instructional Technology from Appalachian State University in North Carolina. Prior to returning to Malone, Benware was employed by the Albany College of Pharmacy as the Chief Technology Officer.



**D**avid Dempsey, a Family Nurse Practitioner, has joined the staff of Alice Hyde Medical Center. Working at the Bessette Health Center, he will focus on the treatment of patients' acute and chronic disorders. Dempsey received his Bachelor of Science in Nursing from the University of the State of New York and his Master of Science in Nursing from Southern University and A & M College in Baton Rouge, Louisiana. Dempsey comes to Alice Hyde from Baton Rouge, Louisiana where he served as the Family Nurse Practitioner for the Baton Rouge Primary Care Collaborative. Please call the Bessette Health Center in Chateaugay at 497-6622 for an appointment.



**D**r. Prabhna Kandiyil, Internal Medicine, joined the staff of the Alice Hyde Medical Center in August and she is now seeing patients at the Bessette Health Center in Chateaugay. Dr. Kandiyil is Board Certified in Internal Medicine and completed her residency in Internal Medicine at the New York Methodist Hospital in Brooklyn, New York. She received her Bachelor of Medicine and Bachelor of Surgery from the T.D. Medical College in Alleppy, India. Please call the Bessette Health Center to schedule an appointment.



**D**avid Loyd has joined the staff of the Alice Hyde Medical Center as the Vice President of Patient Care. At Alice Hyde, Loyd is responsible for the leadership of the Nursing Services Division including quality improvement, regulatory compliance, financial management, staff development, and patient satisfaction. Loyd, who has been a Registered Nurse since 1987, also holds a Masters Degree in Business Administration from Benedictine College in Atchison, Kansas.



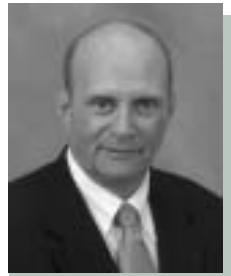
**M**ary McGonagle, a board certified Family Nurse Practitioner, has recently joined the staff of Alice Hyde Medical Center and its Salmon River Health Center. Her responsibilities at the Center include providing primary health care services along with the diagnosis and treatment of acute and chronic disorders. McGonagle comes to Alice Hyde from Louisiana where she worked at a clinic for the medically under-served. She received her Bachelor of Science in Nursing from Holy Family University in Philadelphia, Pennsylvania and her Master of Science in Nursing at Gannon University, where she was the recipient of the 1998 Gannon University Graduate Achievement Award. Please call 358-3008 for an appointment.



**D**r. Marcial Salvador, Pediatrician, has joined the Alice Hyde Medical Center Medical Staff. Dr. Salvador, who recently finished his residency at the Mt. Sinai School of Medicine at Elmhurst Hospital Center in Queens, has begun seeing patients at AHMC's four health centers and Benardot Pediatrics. He received his Medical Degree and Bachelor of Science from the University of the Philippines in Manila, Philippines where he received numerous honors and awards for his work as an intern.



**D**r. Nadav Sharon is New York State Board Certified in General Surgery and most recently served as the Attending Surgeon at St. John Hospital in Berryville, Arkansas. Dr. Sharon's practice will cover the entire field of General Surgery with special expertise in the field of vascular (vein) diseases, laparoscopic surgery, and complex wounds. He received his Medical Degree from the Sackler School of Medicine at Tel Aviv University in Israel and completed his residency in General Surgery at the Albert Einstein College of Medicine in the Bronx, New York. Dr. Sharon has been a diplomat for the American Board of Surgery since 1980 and is a member of the American Hernia Society, the Sage-Society of Gastro-Intestinal Endoscopic Surgeons, and the American College of Phlebology. Dr. Sharon has also served as a clinical instructor for the Department of Surgery at the Albany Medical College in Albany, New York. Dr. Sharon's office is located at 24 Fourth Street. To schedule an appointment, please call 518-481-2842.



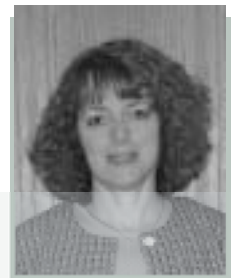
**K**athleen Sposato, Director of Infection Prevention and Control, has joined the staff of the Alice Hyde Medical Center. In this position, she will act as a resource for infection prevention and control initiatives for the Medical Center and will oversee these initiatives at the Medical Center's four satellite health centers. Before coming to Malone, Sposato worked at the Rochester General Hospital, Rochester, New York, as the infection control coordinator. In 2005, she moved to Plattsburgh where she served as the infection control nurse and the employee health nurse at Evergreen Valley Nursing Home. Sposato received her Bachelor of Science in Nursing from the University of Buffalo in Buffalo, New York.



**L**inda Styles has recently joined the staff of the Alice Hyde Medical Center as the Vice President of Finance. At Alice Hyde, Styles is responsible for the overall financial management of facility operations and expansion projects. Styles comes to Malone with 15-years of financial operations experience for several Florida facilities owned by HCA Inc., a for-profit Healthcare Provider Corporation headquartered in Nashville, Tennessee. Styles received a Bachelor's Degree in Accounting from McGill University in Montreal, Quebec, Canada.



**S**ue Zeman has joined the staff at Alice Hyde Medical Center as the Materials Management Director. Zeman is responsible for procuring supplies and equipment and managing all associated costs. Prior to joining AHMC she was the Director of BioProduction at Upstate Biotechnology in Lake Placid, New York. Zeman has her Associates Degree in Applied Science and is working towards a Bachelor of Science in Business/Finance from the University of Phoenix.



**Employment Opportunities**  
**Apply Online**  
[www.alicehyde.com](http://www.alicehyde.com)

# Philanthropy Update

AHMC THANKS ALL WHO HAVE GENEROUSLY DONATED

## General Gifts:

Mary Ellen Abbott  
Adirondack Energy  
Lynn & Jamie Basiliere  
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Twin State Voice Data Video  
U.S. Food Service of Albany

## Circle of Friends:

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Laura Bessette  
Robert Bessette  
Garth & Sharlene Callahan  
Stuart Child  
Glen & Jean Davis  
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Ralph & Trudy Kriff  
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## Honoring:

**Donald Stone:**  
O'Brien & Gere

## Jack Soper's 60th Birthday:

Jim & Molly McKee  
Andrew & Mary Beth McKee  
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## A Get Well Wish:

**John Massic:**  
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## In Memory of:

### Wayne Brassard:

Freda Armstrong  
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Lyle & Eleanor VanAllen

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 Julia C. Race  
 Betti J. Reynolds  
 Tammy L. Reynolds  
 Nancy M. Richards  
 Karen SB Riley  
 Shirley Robideau  
 Sharon Roscoe-Martin  
 Sandra M. Rotach  
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 Patricia J. Russell  
 Deborah E. Sauve  
 Jane E. Sevey  
 John D. Shea  
 Valerie A. Sherwin  
 Anne E. Slocum  
 Mary A. Smith  
 Virginia S. Smith  
 Jeanette P. Snell  
 Peter C. Snell  
 Kevin R. Spaulding  
 Jeff E. Spence  
 Anna V. Stafford  
 Sherri L. Staib  
 Linda M. Stanka  
 Michelle A. St Hilaire  
 Shelly R. Stone  
 Theodore T. Stone  
 Brandi L. Surprenant  
 Nathan O. Surprenant  
 Felix Tam  
 Shannon C. Tatro  
 Janice H. Towne  
 Kurt E. Trautmann  
 Gary J. Trumble  
 Linda D. Trumble  
 Julia R. Trumbull  
 Christina M. Tupia  
 Elizabeth A. Tyson  
 Joan D. Varsics  
 Sheila M. Wagner  
 Chantal White  
 Sylvia M. Willett

Geraldine M. Wilson  
 Lisa F. Wilson

Michael D. Zemany  
 Sue E. Zemany

## RACE NAMED DIRECTOR OF PHILANTHROPY

Julia Race joined the Alice Hyde Medical Center as Director of Philanthropy in 2006. She came to AHMC with over a decade of experience in marketing and sales in Boston, Albany, and New York City. She is a native of Malone, a graduate of Franklin Academy, and returned to raise her family in the community she loves. "I'm happy to be back in Malone and delighted to be a part of ensuring the future of the Medical Center," said Race. "One of the reasons we were comfortable moving back to Malone was the high quality care that the Medical Center provides. Having access to this level of care was a major factor in our decision to return and be a part of this community's future."



## DISHMAN NAMED COMMUNITY RELATIONS & SPECIAL EVENTS MANAGER

Heidi Dishman recently joined the Alice Hyde Medical Center family as the Community Relations and Special Events Manager. Dishman most recently worked for the Kohler Co. based in Kohler, Wisconsin, as a sales representative and showroom specialist throughout the Northeastern U.S. Dishman was also involved in the fundraising efforts and initial acquisition of the Greater Malone YMCA. She is responsible for the Medical Center's special event coordination and she provides fundraising program support. She graduated with a Bachelor of Science Degree from the Indiana University of Pennsylvania. "I look forward to being part of the talented team at AHMC and sharing great experiences with our community," said Dishman.



# In Touch with Health

## Community Wellness Programs

### AL-ANON

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

### ALCOHOLICS' ANONYMOUS

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

### ALZHEIMERS SUPPORT GROUP

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

### ARTHRITIS SELF-HELP 6-WEEK COURSE

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

### BABYSITTER SAFETY COURSE

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

### CANCER PATIENT SUPPORT SERVICES

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

### CARDIAC REHABILITATION SUPPORT GROUP

Contact: Alicia Bates  
Date: Third Wednesday of every month  
Time: 7:30 - 8:30 p.m.  
Phone: 518-481-2582  
Meeting Place: Cardiac Rehabilitation Room, 2nd Floor

### DIABETES SUPPORT GROUP

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

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

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

### EYE ON THE COMMUNITY RADIO PROGRAM

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

### HOSPICE BEREAVEMENT SERVICES

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

### KIDNEY DISEASE AND DIALYSIS SUPPORT GROUP

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

### LAMAZE

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

### MULTIPLE SCLEROSIS SUPPORT GROUP

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

### NARCOTICS ANONYMOUS

Date: every Saturday  
Time: 4:00 - 5:00 p.m.  
Meeting Place: AHMC Main Floor Conference Room

### ORGAN DONOR/RECIPIENT SUPPORT GROUP

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

### SMALL SOULS SUPPORT

Contact: Family Maternity Center  
Phone: 481-2244  
Meeting Place: Group meets upon request  
A bereavement support group for parents or family  
dealing with fetal or neo-natal death

### SMOKING CESSATION SUPPORT SERVICES

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

### WEIGHT WATCHERS

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



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