

To your HEALTH

STAYING HEALTHY *in trying times*

During these difficult economic times, one of the last things we are thinking about is how to improve and maintain healthy lifestyles. However, this is precisely the time to be focused on our health and wellness!

So, what can you and your family do to stay healthy and well? It's important to stick to these traditional tips for leading a healthy life.

Eat healthy.

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.

Be active.

- Be active for at least 2½ hours a week.
- Help kids and teens be active for at least 1 hour a day.

Protect yourself.

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people's smoke.
- Be ready for emergencies. Make a supply kit. Make a plan. Be informed.

Manage stress.

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age.
- Get help or counseling if needed.



Get regular check-ups.

- Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and personal and family health histories.
- Find out what exams, tests, and shots you need and when to get them.
- See your doctor or nurse as often as he or she says to do so. See him or her sooner if you feel sick, have pain, notice changes, or have problems with medicine.

***Want to learn more
about healthy living?***

VISIT: HEALTH.GOV

for reliable, pertinent, and
up-to-date health
information and resources.

what does the **FUTURE** hold **FOR AHMC?**



The economic downturn has affected us all. Rising prices are making it hard for families to make ends meet. Some families have been dealing with lost jobs and health insurance. At Alice Hyde Medical Center, we are facing many of the same issues, making this a trying time for us all. Yet, we have continued to focus on meeting our community's health care needs within an environment of ever-constraining resources and payments from Medicare, Medicaid, and health insurance companies. We have been taking many steps to cut our expenses, looking at and implementing new approaches to provide care more efficiently, and expanding our primary care, education, and outreach services to help keep you and your family healthy and well.

I'm often asked what the future holds for Alice Hyde Medical Center in these tumultuous times. How will the massive state budget deficit and cuts to Medicaid affect the hospital? What does federal health reform mean for the hospital—and how will it impact our community? The simple answer is that we will continue to face significant challenges, particularly, trying to deal with our precarious financial condition at a time when the need for health care services has never been greater. We will need to continue to find ways to cut costs while meeting community health needs. We will have to find innovative approaches to delivering high quality care at lower costs. Together, we will need to identify programs and services to help keep our community healthy and well—from a healthy beginning in life through the end of life with dignity.

It is truly difficult to predict the future in this dynamic environment. However, the Alice Hyde Medical Center leadership is steadfast in our commitment to our community—we will do whatever it takes to make sure that there will continue to be access quality health care services in Malone and surrounding areas for generations to come. Thank you for your support and we look forward to working with you in the future to protect and strengthen our community's vital community health resources, Alice Hyde Medical Center.

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

John W. Johnson
President/CEO

Kudos

"What can I say AHMC is a great North County Hospital that has a great staff!"

"I had a wonderful experience with the birth of my new daughter; everyone was great with my care before and after giving birth!"

"I have the utmost respect for the skill, caring and competency of the nurses and physicians in all levels of the ASU center!"

"Fantastic service, the staff was very thoughtful!"

"I was very pleased with everything!"

"Everyone we were in contact with was more than helpful and above all kind!"

"Everyone was very helpful, I was very happy with everything about my time spent in the hospital!"

"Nursing was excellent!"

"The care we received was great!"

"The nurses did an excellent job on the medical floor on all shifts. These nurses went out of their way and I appreciate that!"

"Everyone was very helpful and friendly!"

"I was treated very well; everyone was very helpful and courteous. I would recommend this emergency room to anyone!"

"I would recommend this hospital to anyone I talk to, I highly commend them, and they are friendly and courteous!"



N
HEALTHY
W and tips
S
to use

FUELING YOUR YOUNG ATHLETE

Pre-Game & Post-Game Foods. Keep your young athlete strong and healthy with the right combination of meals and snacks.

Pre and post-game foods are important because they fuel muscles during and after exercise, prevent hunger during exercise, and help prevent injuries. Children should eat 2-4 hours before an athletic event. Food choices should include carbohydrates as well as small amounts of protein and fat.

Here's a few ideas to get you started:

Pre-Game Snacks:

- Bagel
- Fruit
- Rice Cakes
- Granola Bar
- Low fat yogurt
- Plain Popcorn

Post-Game Snacks:

- Whole grain crackers with cheese
- Peanut Butter and Jelly sandwich
- Yogurt with fruit slices

Foods to Avoid Before an Event

High sugar foods give a quick burst of energy, but then leave your child to crash and run out of energy. High fat foods can slow the emptying of the stomach which causes cramping and sluggishness.

The following foods should be avoided before an event:

- Fatty, salty foods
- Fried foods
- Ice cream
- Donuts, pastries
- Soda & Candy
- Sugary cereal

Don't Forget the Fluids!

- Staying hydrated is just as important as eating right.
- Avoid soda, juice, and fruit drinks; high sugar content can cause cramps and nausea.
- Dehydration hurts performance and can be dangerous.
- Encourage your child to have a drink before they feel thirsty!



Knowing your HEALTH INSURANCE options

Do you know what your health insurance options are? Visit Healthcare.gov, a federal government website managed by the U.S. Department of Health & Human Services, with interactive tools and up-to-date health insurance information to help you find insurance options, learn about prevention, compare care quality, and understand the new health reform law.

The online 'Find Insurance Options' tool will help you find the health insurance best suited to meet your needs—whether it's private insurance for individuals, families or small businesses, or public programs. It was created to help consumers under the health insurance reform law, the Affordable Care Act.

Alice Hyde Medical Center recently teamed with Fidelis Care to host a Health Insurance Open House. Representatives from Fidelis Care were on hand to provide information about free or low-cost health insurance that is available through Family Health Plus, Child Health Plus, and Medicaid Managed Care. In the picture, Fidelis Care Marketing Representative Danielle Laravia (right) talks about the programs with an attendee. For information about Fidelis Care, call 1-888-FIDELIS (1-888-343-3547).

Healthy Kids Recipes on pg. 5!

Helping Your Kids to

EAT RIGHT

The American Dietetic Association's new Kids Eat Right website (KidsEatRight.org), centered around the theme "Shop-Cook-Eat," is designed to bring families together for nutritious meals each day by providing simple, easily accomplished tasks:

- **SHOP:** How to shop for healthy foods for your family.
- **COOK:** How to cook food(s) to gain the most nutrient value, including tips and recipes.
- **EAT:** The benefits of eating together as well as how to eat when you are away from home.

STEPS

to staying healthy for Men 50+

DID YOU KNOW?
June is National 'Men's Health' Month
for more info visit:
menshealthmonth.org



Gentlemen, stay healthy at 50+ by following these daily steps for good health.

Be tobacco free. For tips on how to quit, visit smokefree.gov. To talk to someone about how to be tobacco free, call the NY Smoker's Quitline: 1-866-NYQUITS.

Be physically active. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity.

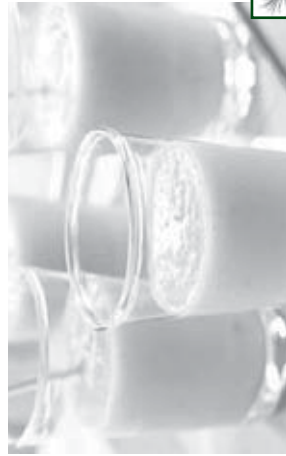
Eat a healthy diet. Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Stay at a healthy weight. Balance the calories you take in from food and drink with the calories you burn by your activities. Check with your doctor if you start to gain or lose weight.

If you drink alcohol, drink only in moderation. Have no more than two drinks a day if you are 65 or younger. If you are older than 65, have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Source: U.S. Department of Health & Human Services

clip these fun & nutritious kids recipes



Chocolate Banana PB Smoothie

INGREDIENTS:

- 1 cup fat-free chocolate milk or low-fat chocolate soy milk
- 1 ripe banana
- 1 tablespoon peanut butter
- 4 to 6 ice cubes

If you love chocolate peanut butter cups, this smoothie will become a healthy staple in your home. I send it out from my home state of Maine across the United States to every chocolate lover I know! **DIRECTIONS:** Combine all the ingredients in a blender or a food processor; blend until smooth.

Makes 1 smoothie--Serving Size: 1 ½ cups

Per Serving: Calories 330 | Total Fat 13g | Saturated Fat 2.5g | Cholesterol 0mg | Sodium 180mg | Total Carbohydrate 44g | Dietary Fiber 4g | Protein 15g



American Dietetic Association Foundation



Yogurt Parfait Shots

INGREDIENTS:

- 1 cup nonfat Greek yogurt
- 4 teaspoons honey or 4 tablespoons light maple syrup
- 4 teaspoons chopped nuts
- handful of berries (about 12 small raspberries, 8 blackberries or 2-3 cut up strawberries, or mix n' match)

Easy to make and a fun (and healthy) little dessert to serve your kids or guests. **DIRECTIONS:** In a small bowl combine the yogurt and honey or maple syrup. Spoon the sweetened yogurt into four shot glasses, until each is half full, this will be about 2 tablespoons for each. Add 1 teaspoon of chopped nuts the center of each glass. Then fill the glasses with the rest of the yogurt (again about 2 tablespoons per glass) and top each with a few berries. Chill if not serving immediately.

Makes 5 servings--Serving Size: 1 cup

Per Serving: Calories 70 | Total Fat 1.5g | Saturated Fat 0g | Cholesterol 0mg | Sodium 20mg | Total Carbohydrate 9g | Dietary Fiber 1g | Protein 5g



American Dietetic Association Foundation



Chocolate Ladybugs

INGREDIENTS:

- 5 fresh, large whole strawberries
- 30 semi-sweet dark chocolate chips

Freshly picked strawberries are not only sweet and delicious, but also loaded with vitamin C, which helps keep our immune systems strong and healthy. These berries are a great snack by themselves, or you can add a dose of antioxidants by making chocolate ladybugs. **DIRECTIONS:** Cut the tops off of the strawberries and cut them in half lengthwise. With your fingers, gently push three chocolate chips into each half to create the ladybug's spots. Serve on a fun platter.

Makes 1 serving--Serving Size: 5 Strawberries

Per Serving: Calories 100 | Total Fat 4.5g | Saturated Fat 2.5g | Trans Fat 0g | Cholesterol 0mg | Sodium 0mg | Total Carbohydrate 16g | Dietary Fiber 3g | Sugars 0g | Protein 2g



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Apple Cinnamon Baked Oatmeal

INGREDIENTS:

- 2 cups rolled oats (not instant)
- 1 ½ cups fat-free milk or soy milk
- ¼ cup egg substitute or egg whites
- 1 cup packed brown sugar
- 1 teaspoon baking powder
- 1 tablespoon melted margarine
- ½ teaspoon cinnamon
- 1 ½ cups chopped apples

Preheat oven to 350°F. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon together. In a larger bowl combine the oats and the baking powder. Pour the wet mixture into the bowl with the oats, add the apples and mix well. Spoon the mixture into a 8 x 8 inch pan coated with cooking spray and bake for 30-40 minutes, until top is firm and a toothpick comes out clean in the center.

Makes 9 servings--Serving size: ½ of pan size square

Per Serving: Calories 160 | Total Fat 3g | Saturated Fat < 1g | Sodium 80mg | Total Carbohydrate 30g | Dietary Fiber 3g | Protein 4g



American Dietetic Association Foundation

COLON CANCER

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

*getting
screened
could save
your life*

DID YOU KNOW?

Both men and women develop colorectal cancer with almost equal frequency.

By age 50, polyps are found in approximately 25 to 40 percent of the general population. Within several years of their onset, even benign polyps can become cancerous if they are not removed.

Colorectal cancer is cancer of the colon or rectum and is the second leading cancer killer in the United States, equally affecting both men and women. However, it may be possible to prevent this disease simply by having certain screening tests performed, such as a colonoscopy.

How does this cancer form?

This form of cancer often begins from growths, called polyps, that form on the intestines and/or in the rectum. As time passes, these polyps may become cancerous and can spread throughout the intestines and the colon. Screening tests can detect these growths, at which time they can be removed before they either develop into cancer or prevent the spread of the disease if they are already cancerous.

Who is at risk?

The risk of developing colorectal cancer increases after the age of 50, if someone has had inflammatory bowel disease, and for those who have a personal or family history of colorectal cancer or colorectal polyps. Other risk factors include being overweight or obese, inactive lifestyle, smoking, excessive alcohol intake, and unhealthy diet.

Where can I find out more?

For more information on colorectal cancer, visit the following websites:
Prevent Cancer Foundation
www.preventcancer.org

Centers for Disease Control and Prevention www.cdc.gov

American Cancer Society
www.cancer.org

How can I lower my risk?

To lower your risk of colorectal cancer, the American Society of Colon and Rectal Surgeons recommend that you:

- **Get regular colorectal cancer screenings** after age 50. Between 80-90% of colorectal cancer patients are restored to normal health if their cancer is detected and treated in the earliest stages.
- **Eat a low-fat, high-fiber diet.**
- **If you use alcohol, drink only in moderation.** If you use tobacco, quit. If you don't use tobacco, don't start. Alcohol and tobacco in combination are linked to colorectal cancer and other gastrointestinal cancers.
- **Exercise for at least 20 minutes three to four days each week.** Moderate exercise such as walking, gardening, or climbing steps may help.

The risk of developing colorectal cancer may be reduced by following these guidelines, but most of all, by contacting your health care provider and getting screened today.

AHMC Promotes ADVANCE CARE PLANNING & Health Care Decisions

Alice Hyde Medical Center, along with other national, state, and community organizations, are leading a massive effort to highlight the importance of advance health care decision-making—an effort that has culminated in the formal designation of April 16, as National Healthcare Decisions Day (NHDD).

April 16 - 30: Advance care planning resources and information will be available in the Medical Center's main lobby.

As a participating organization, the Medical Center provides information and tools for the public to discuss their wishes with family, friends and health care providers. Alice Hyde also provides advance directives (health care proxy and living will).

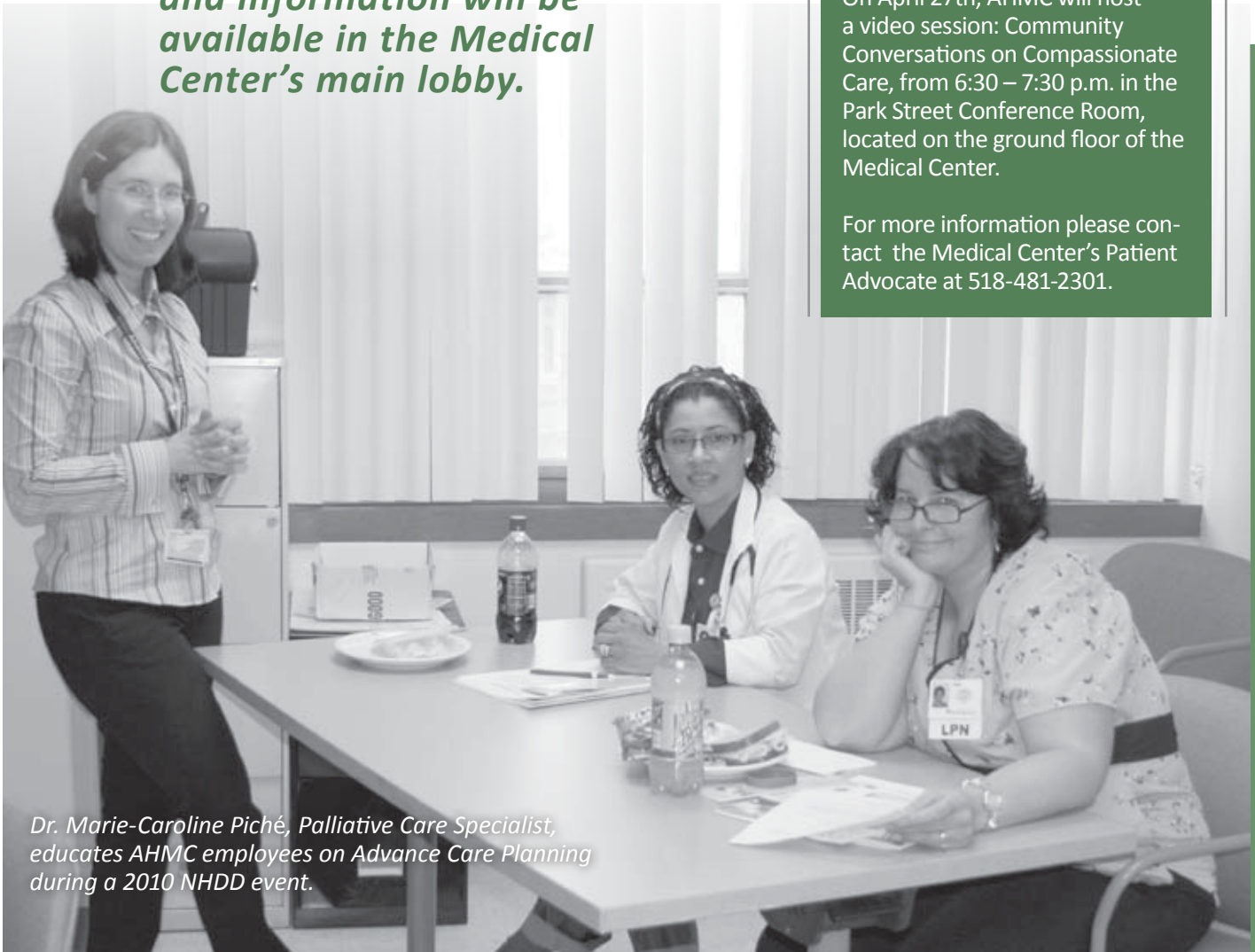
To find these resources, follow the 'Palliative Care' link on alicehyde.com/Services.

Dr. Marie-Caroline Piché, Palliative Care Specialist, will answer your advance care planning questions in the Medical Center's main lobby, on:

- April 19, 1:00 – 2:00 p.m.
- April 21, 7:00 – 9:00 a.m.
- April 26, 11:00 a.m. to 1:00 p.m.
- April 27, 4:00 – 6:00 p.m.

On April 27th, AHMC will host a video session: Community Conversations on Compassionate Care, from 6:30 – 7:30 p.m. in the Park Street Conference Room, located on the ground floor of the Medical Center.

For more information please contact the Medical Center's Patient Advocate at 518-481-2301.



Dr. Marie-Caroline Piché, Palliative Care Specialist, educates AHMC employees on Advance Care Planning during a 2010 NHDD event.

AHMC Honors **LIFE** *those who donate*

ahmc news

AHMC is partnering with the Center for Donation & Transplant (CDT) to honor patients and their families that choose to give the gift of life through organ or tissue donation.

AHMC is recognizing its organ and tissue donors by flying a "Donate Life" Flag in their honor each time a donation is facilitated at the hospital in 2011. After the flag has flown for a week it is given to the donor's family, in memory of their loved one, as part of an aftercare packet designed to help families cope with their grief.

AHMC will also fly an organ donation flag during National Donate Life Month in April to help raise awareness of the life-saving benefits of organ and tissue donation.

The Center for Donation & Transplant is the federally designated non-profit organization that coordinates the retrieval of donated organs and tissues at 43 hospitals throughout western Vermont and northeastern New York State.

Currently more than 100,000 patients are waiting for a life-saving transplant in the United States. For info on joining the CDT donor registry visit: cdtny.org/



Screening our Seniors **FOR DIABETES** through Medicare

AHMC has received a competitive award of \$2,500 to be used for increasing awareness of the benefits for screening for diabetes and pre-diabetes that are offered by Medicare. AHMC was one of twenty community-based organizations across the United States chosen to receive an award from the Medicare Diabetes Screening Project (MDSP),

a national coalition of patient, nonprofit organizations, and corporate partners, that is leading the way in encouraging seniors to improve their health by getting checked for diabetes.

The Medical Center is using the grant for a variety of materials, incentives, and activities to get seniors to participate in this project.

The Project is designed to help improve the lives of seniors ages 65 and older by educating them about the diabetes screening benefits offered by Medicare and encouraging them to ask their health care providers about getting screened during their next office visit. Founded in 2006, the MDSP is comprised of a coalition of more than 20 national organizations, co-led by the American Diabetes Association, the Healthcare Leadership Council, and Novo Nordisk.

For more information and educational materials visit: ScreenForDiabetes.org

To find out about future MDSP info sessions call AHMC's Education Department at 518-481-2247

2010 Donor List

total gifts & pledges from Jan. 1 - Dec. 31, 2010

In 2010, you gave just over \$188,000 for the enhancement of medical services we provide to our patients. Your generosity is appreciated by those who provide care and, most importantly, by those who benefit from our services.

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Laura L. Burgess*
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Roy Ernest Childs
Mandy J. Choiniere
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Lowell & Dorothy Hoy
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Crystal L. Jock*
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Gail S. LaFlesh*
Kelli A. LaFlesh*
Krista M. LaFlesh*
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Karin L. LaPlante*
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Joseph Neil A. Manus*
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Kayla L. Phillips*
Andrew Pickett
Pamela P. Poirier-McClain*
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Gerald W. Proper*
Jamie L. Psomos*
Pamela J. Rafter*
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Derek J. Reynolds*
Lorene M. Reynolds*
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Mary L. Robideau*
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10 donors

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 Beckie K. Scott*
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 Alfie M. Senajon*
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 Julie A. Shantie*
 Valerie A. Sherwin
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 Claire J. Simon
 Wm J. Slack
 William E. Smallman
 Dawn M. Smith*
 Leroy & Eileen Smith
 Mary A. Smith*
 Tina Marie Smith
 Kevin R. Spaulding*
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 Michelle A. St.Hilaire*
 St. Joseph's Ursuline Nuns
 Melissa M. St.Mary*
 Justin D. Stickney*
 Theodore T. Stone*
 Frank & Elizabeth Suatoni
 John & Barbara Sullivan
 Sunday Morning Serenity Group
 Shannon C. Tatro*
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 Kelly T. Trumble*
 Christina M. Tupia*
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 Catherine VanSchaick
 Melinda L. Weatherwax*
 Kayla M. Wheeler*
 Connie L. Whitman*
 Lacey L. Willett*
 Sylvia M. Willett*
 Carolyn E. Yelle-Tucker*

IN-KIND DONATIONS

Adirondack Furniture Stripping
 & Refinishing Service
 Anonymous
 Dick's Country Store
 & Music Oasis
 Brian & Linda McClarigan
 *AHMC Employee

2010 FUNDRAISING EVENTS

GOLF BENEFIT: \$2,500 & UP

Wilson, Elser, Moskowitz, Edelman & Dicker, LLP

\$1500-\$2,499

Bond, Schoeneck & King, PLLC
 MedExcel USA, Inc.
 Medical Liability Insurance Co.
 The Industrial Press
 Treo Solutions, Inc.

\$1000-\$1499

Akwasasne Mohawk Casino
 Manning & Napier Advisors, Inc.
 Mohawk Hospital Equipment, Inc.

\$500-\$999

Beardsley Design Associates
 Dr. Anjni Bhagat & Dr. Rajiv Shah
 Commonwealth Financial Group
 Community Bank, NA
 H & R Block
 Heritage Homes, Inc.
 Hughes, Stewart & Race, P.C.
 Key Bank, N.A.
 Malone Office Products, Inc.
 MedHost
 Pizzagalli Construction Company
 Sid G. Spear
 Sprague Energy

Up to \$499

Black River Vending Services, Inc.
 Eileen Killcullen, Mary Kay
 Tulloch & Mary Beth Scheidegger
 SymQuest
 Upstate Linac Services, LLC

In-Kind Donations

Brian Monette

SILVER & BLACK GALA BENEFIT

AAC Contracting
 Dr. Marco Berard & Dr. Marie-Caroline Piché
 H & R Block
 Heritage Homes, Inc.
 J.T. Erectors, LLC
 Malone Office Products, Inc.
 MedExcel USA, Inc.
 NBT Bank of Malone
 Tatum Healthcare
 The Industrial Press
 USI Holdings
 Wholistic Care

In-Kind Donations

Akwasasne Mohawk Casino
 American Beauty
 Patrick Barber
 Dr. Anjni Bhagat
 Jeremy M. Bonard
 Bonesteele's Gardening Center
 Chez Madeleine
 Donovan's Steak & Ale
 Mr. and Mrs. Andrew Duso
 Janice Farmer
 forARTSake
 Greater Malone YMCA
 Joe's Glass
 Joe Lucy
 Kilburn Manor
 John Martin
 Brian Monette
 Carol Murtgah
 Amy O'Connor
 OPICI Wine Company
 Dr. Rajiv Shah
 Mr. Shantil Shah
 Felix Tam
 TDesigns
 Time Warner Media Sales
 Wholistic Care

WINTERFEST SKI BENEFIT:

Akwasasne Mohawk Casino
 Dr. Marco Berard & Dr. Marie-Caroline Piché
 Bill's General Repair, Inc.
 Edward Duquette & Son, Inc.
 H & R Block
 Malone Office Products, Inc.
 M.M. Hayes Company, Inc.
 The Industrial Press
 Twinstat\Voice.Data.Video, Inc.

In-Kind Donations

American Beauty
 Jon Chodot
 D & M Market
 Dick's Country Store
 Michael Dishman
 Donovan's Steak & Ale
 Flemings Fine Furniture
 Franklin County
 Emergency Services
 Franklin County
 Agricultural Society
 Gilman's Pizza
 Hosler's Family Restaurant
 Italian Affair
 Leroux Oil
 McCadam Cheese
 Peter McGinney
 Malone Golf Club
 Marlow Distributing
 Mirror Lake Inn
 Corey Monette
 New Vision Students
 David Nichols
 NuWay Car Wash
 Park Street Inn
 Travis Preve
 Sansone's Restaurant

Scotty's Diner
 Jim Stickney
 TDesigns
 The Final Cut
 Titus Mountain
 Viking Ski Shop
 Yando's Big M

BUSINESSES CARE PROGRAM

A special thank you to the following local businesses for their generous support of AHMC through our Businesses Care Program:

AAC Contracting
 Akwasasne Mohawk Casino
 B & C Driveway Sealing
 Beardsley Design Associates
 Dr. Anjni Bhagat & Dr. Rajiv Shah
 Bill's General Repair, Inc.
 Black River Vending Services, Inc.
 Bond, Schoeneck & King, PLLC
 Boralex New York, LP
 Casella Waste Systems, Inc.
 Chez Madeleine
 Commonwealth Financial Group
 Community Bank, NA
 Edward Duquette & Son, Inc.
 H & R Block
 Heritage Homes, Inc.
 HSBC Bank USA, N.A.
 Hughes, Stewart & Race, P.C.
 Jons Family Restaurant
 J.T. Erectors, LLC
 Key Bank, N.A.
 Malone Office Products, Inc.
 Manning & Napier Advisors, Inc.
 McKee & Associates
 MedExcel USA, Inc.
 MedHost, Inc.
 Medical Liability Insurance Co.
 M.M. Hayes Company, Inc.
 Mohawk Hospital Equipment, Inc.
 NBT Bank of Malone
 Pizzagalli Construction Company
 SeaComm Federal Credit Union
 Sid G. Spear
 SkinStitch Corp.
 Sprague Energy
 SymQuest
 Tatum Healthcare
 The Industrial Press
 The Jug Store
 Treo Solutions, Inc.
 Twinstat\Voice.Data.Video, Inc.
 Upstate Linac Services, LLC
 USI Holdings
 Wholistic Care
 Wilson, Elser, Moskowitz, Edelman & Dicker LLP

HONORING:

Rebecca A. Bleakley
 Garth & Mary Ann Griffin
Ralph M. Cardinal
 Ann M. Main
Norman Dumas' 90th Birthday
 A. David Thomas
Jack & Inge Hinman
 Jerry & Marsha Hickey
Kalpana Reddy
 Gordon & Rose Hiscock

IN HONOR OF & IN MEMORY OF:

Carol Lyng
 Marcia Hennessy

IN MEMORY OF:

Kathleen M. Aiken
 Sidney & Joan Cheney
 Children of Walt & Freda Frary
 Mildred Hazen
 John & Nancy Knowlton
 Nicholville Methodist Church
 Blanche Palmer
 Jean Pierce
 Louise Pierce

Thank you...

- to our Volunteer Board of Directors for participating in our 2010 Annual Giving Program and for the countless hours of stewardship you devote to Alice Hyde Medical Center.
- to the AHMC Auxiliary for your time, dedication, and enthusiasm.
- to our Physicians for your generosity and tireless dedication.

Harold & Joan Raymonda
 Jean Sutton
 Nancy Sweet
 Ruth Frary Tuthill
Frances Bolla
 Kenneth Bolla
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 Daniel Honahan, II & Mary Jane Latreille
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 Malone Women's Golf Association
Earl McQuinn
 Bernard and Betty Hochheiser
Mary Jane Douglass Minnich
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Daniel F. Mulvana
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 Nicole M. Nephew
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 Cyril Paumier
Willard "Doc" Pickering
 Ron & Marsha Tavernier
Mary Martin Pond
 Ann M. Main
Leona Poulton
 Michael & Frances Wague
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Claire O. Russell
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 Harley & Sharon Blair
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Ernestine Trudeau
 Kalpana Reddy
Kenneth Tulloch
 Mary Ellen Burke
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 Farrar Home
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 Ann M. Main
 Frances Ohlman
 George K. Pond
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 Linda Sprague
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Marie Picard Watson
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Dorcy White
 Mr. & Mrs. John F. Taylor
Paul R. Wilcox
 Irene G. Wilcox

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) 481-2794 so we may correct our records. Thank you.

Your gifts make a difference...

Alice Hyde Medical Center was built on the philanthropic efforts of caring individuals. Today, our community continues to help sustain Alice Hyde Medical Center and our mission of *Building a Healthier Community Together* through the compassionate act of giving. We appreciate the generosity of the many individuals and organizations that supported the Medical Center's work in 2010. Charitable giving allows us to continually invest in high quality medical care which you and your family deserve.

- In 2010, AHMC employees gave more than \$34,000 to the Medical Center through our employee giving program – ALICE Club (**A** Lasting Investment by Caring Employees)
- AHMC's first Silver & Black Gala, held at Donovan's Steak and Ale, was evidence of our community members' devotion to the patients of the Reddy Cancer Treatment Center—nearly

\$35,000 was raised to offset the cost of a new Linear Accelerator.

- In 2010, members of our Businesses Care Program (BCP) provided in excess of \$43,000 in gifts and sponsorships. Forty-six businesses joined the BCP in support of the Medical Center's ongoing efforts to elevate the level of medical technology we offer to our community.

You Made a Difference

DIGITAL MAMMOGRAPHY - Early diagnosis of breast cancer is a priority at AHMC. Digital Mammography uses significantly enhanced diagnostic tools that give our physicians the ability to identify breast cancer at its earliest stages.

How do I make a gift?

We would love to have you join us in investing in quality local health care. Please complete the form below and mail to the Office of Philanthropy at AHMC.

Looking Ahead...

AHMC is providing a series of estate and financial planning seminars as a service to our community. For more information regarding these educational sessions please call the Office of Philanthropy at (518) 481-2794.

2011 Fundraisers

The Medical Center has the following special fundraising events slated for the year ahead:

- **15th Annual Golf Benefit:**
Friday, July 15 at the Malone Golf Club
- **2nd Annual Silver & Black Gala:**
Saturday, October 1 in the Adirondack Room at Mo's Pub & Grill
- **Winterfest '11 Ski Benefit:**
Saturday, December 17 at Titus Mountain in Malone

Including AHMC in your will or estate plan can help to improve our small corner of the world and give hope to future generations. For more info on making a planned gift, call (518) 481-2794.

Yes, I would like to give: \$250 \$100 \$75 \$50 \$25 Other: _____

Enclosed is my check/money order/cash in the amount of \$ _____

I prefer to pledge my gift of \$ _____ in monthly quarterly annual increments
My first payment of \$ _____ is enclosed.

Please charge my: VISA MasterCard DISCOVER # _____ - _____ - _____

Expiration (mm/yy) _____ / _____ Name (as it appears on card) _____

Signature _____

My Gift is: In Memory of In Honor of A Get Well Wish

Name of person(s) being honored: _____

Address _____ City _____ State _____ ZIP _____

I request that AHMC send a card to the individual/family announcing that a special gift request has been given in their honor or their loved one(s) (amount of gift will not be disclosed).

Your Name: _____

Address _____ City _____ State _____ ZIP _____

Phone _____ Email (optional) _____

PLEASE NOTE: A gift to Alice Hyde Medical Center is tax deductible to the full extent allowed by law.

MAIL THIS COMPLETED FORM TO: Alice Hyde Medical Center, Office of Philanthropy, 133 Park Street, Malone, NY 12953 or **Fax to:** 518-481-2662

If you have any questions, please call the Office of Philanthropy at 518-481-2794.

In Touch with Health

community wellness programs

ALCOHOLICS' ANONYMOUS

Date: every Sunday
Time: 9:00 – 10:00 a.m.
Date: every Friday
Time: 6:00 – 7:00 p.m.
Meeting Place: Park Street 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

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: Park Street 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: Park Street 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: 6:00 – 8:00 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: Education 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

Support services are available by request
Contact: Lorene Reynolds at 518-481-2448

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: Park Street Conference Room

ORGAN DONOR/RECIPIENT SUPPORT GROUP

Date: first Monday of March, June, Sept., & Dec.
Time: 7:00 – 8:30 p.m.
Meeting Place: Park Street Conference Room
Contact: Debbie Warren at 518-481-2247

OVEREATERS ANONYMOUS

Date: every Monday
Time: 7:30 – 8:30 p.m.
Meeting Place: Park Street Conference Room

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 (1-866-697-8487)
www.nysmokefree.com

WEIGHT WATCHERS

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

Save the Date!
for Alice Hyde Medical Center's
2011 Health Fair
Saturday, Sept. 10th
at the Franklin Co. Fairgrounds

***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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