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Diamonds & Denim Gala: A Night of Celebration and Generosity

The Diamonds & Denim Gala, a dazzling fusion of sophistication and comfort, surpassed all expectations and set gala attendance records. This unforgettable evening, held at the breathtaking Ausable River Ranch, will be etched in our memories for years to come.

What made this gala truly exceptional was its resounding success in supporting the Cornerstone Campaign. The event raised over \$140,000, a testament to the generosity and commitment of the attendees and sponsors alike. This contribution brings the Cornerstone Campaign over the \$7.5 million mark.

The evening was also record-setting for its unprecedented attendance. With over 450 attendees, it became the most attended gala in our organization's history. The overwhelming enthusiasm and support demonstrated by our community members was heartwarming.

Throughout the evening, guests

were treated to a gourmet feast, a captivating fire dancer, and touching videos from those working on the front lines; detailing the importance of the Cornerstone Campaign. These personal stories underscored the tangible impact that every donation makes.

The gala's crowning moment was the live auction, where getaways, exclusive experiences and incredible packages were hotly contested. Bidding wars quickly erupted, showcasing our community's unwavering commitment to advancing healthcare in the Adirondacks.

In the years ahead, we will look back on this gala as a shining example of what can be achieved when a community rallies behind a common purpose. It was a night of glamour and glitz, but more importantly, it was a night of profound generosity and impact.

Learn more about the Cornerstone Campaign at ahfcornerstone.org

Jeannie Cross receives 2023 Dr. Edward L. Trudeau Award at Diamonds & Denim Gala

The Adirondack Health Foundation presented Jeannie Cross with the 2023 Dr. Edward L. Trudeau Award at the Diamonds and Denim Gala on July 8. The event was the Foundation's first in-person Gala since 2019 and it was the most well attended Gala ever.

Cheryl Maid, who served on the hospital's board of trustees with Cross, presented the award. Cross joined Adirondack Health's Board of Trustees in 2011 and served for eight years, four of which as board chair.

During her time on the board, she saw Adirondack Health through the transition of the Uihlein long-term care facility to Elderwood, and the construction of both a new surgical services wing at Adirondack Medical Center and the Lake Placid Health and Medical Fitness Center.

Cross was enjoying her retirement from her professional career and board duties when Adirondack Health leaders asked her to fill an unanticipated board chair vacancy. She stepped up for a second time, chairing the board and organization through the pandemic's early months.

Cross provided the Adirondack Health board with wise insight and counsel on regulatory issues and advocacy efforts, as well as communication tips thanks to her many years in journalism.

She previously served as the head of the UPI bureau at the New York State capitol, the vice president of

communications and marketing for the Healthcare Association of New York State, and the vice president of government affairs at Metropolitan Jewish Health System, from which she retired in 2016.

While Cross no longer serves as a voting member of the Adirondack Health board, she remains a non-voting trustee emeritus and valued advisor.

She continues to advocate for local, high-quality healthcare on the Adirondack Health Institute board and is a longtime board member of the Healthcare Trustees of New York State, chairing its advocacy/communication committee.



Jeannie Cross speaks at the Diamonds and Denim Gala Saturday night after being awarded the Dr. Edward L. Trudeau Award.



The Scoop with Britt: Dr. Jonathan Riddell, PA Melanie Fortin join urology team

By Britt Proulx



Pictured, from left, are urology providers PA Tom McBride, Dr. Jonathan Riddell, and PA Melanie Fortin.

Adirondack Health's has welcomed two new urology providers, Dr. Jonathan Riddell and physician assistant Melanie Fortin, who join PA Thomas McBride.

This will expand Adirondack Health's urology program to include pediatric care, as well as offer a female provider. In January, longtime urologist Dr. Irwin Lieb transitioned to the role of Adirondack Health's chief medical officer, after 36 years caring for urology patients. Dr. Riddell and his wife, Fortin, are originally from Ontario, Canada and have dual citizenship in the United States and Canada.

Dr. Riddell has nearly 30 years' experience in the medical field. He earned his medical degree and completed his residency at the University of Western Ontario. He completed his fellowship in pediatric urology at the Centre Hospitalier Universitaire in Montreal.

"The fact that Dr. Riddell is also pediatric trained opens up a place for referrals in the North Country," McBride said. "He has really gotten things up and running, quickly seeing patients who are ill and hurting. He has the vigor of a new urologist with the experience of an older urologist." McBride said he also appreciates Dr. Riddell's commitment to post-day rounds.

"Every patient we see each day, we're discussing at the

end of the day," McBride said. "It's helping me learn how he treats people and shares ideas."

Dr. Riddell said he and Fortin were looking for a positive work culture and Adirondack Health has been a great fit. Although his experience has brought him to various larger hospital systems like SUNY Upstate Medical University, Adirondack Health is a similar size to the community hospital where Dr. Riddell began his medical career in Canada. "I came full circle back to what I enjoy, which is caring for people close to home," he said. "It's a very patient-friendly environment and that energy carries over to us, too. Dr. Lieb leaves big shoes to fill and he's very well respected, and Tom has done a great job holding the practice together."

Dr. Riddell and Fortin were most recently practicing urology in the Plattsburgh/Burlington region. "The independence of Adirondack Health also attracted us," Dr. Riddell said. "Plus, we're both outdoors people. We both fly fish, canoe, kayak, hike, and ski. I also like to hunt."

To make an appointment with Adirondack Health's urology team, call 518-897-2515. Please note that a referral from your primary care physician is needed to make an appointment.



Standing, from left, Tom McBride, Lisa Smith, Miles Carver, Melanie Fortin, Jennifer Taylor, Dr. Jonathan Riddell, and Jennifer Maille, and seated, Sara Diaz-Riveron.

Foundation Feature: Making it easier for new parents



New lactation consultant on staff at pediatrician appointments

Thanks to a grant from NYS Creating Breastfeeding Friendly Communities program through Clinton County, new mothers can access a lactation consultant during pediatric appointments.

Instead of attending multiple appointments, mothers can now meet with a specially trained nurse to help address breastfeeding and lactation questions during their scheduled pediatric appointments.

Lactation consultants play a crucial role in promoting successful breastfeeding. They provide personalized guidance, tips, and techniques tailored to each mother and baby's unique needs. This individualized support can significantly increase the chances of a successful breastfeeding experience, leading to improved infant health and enhanced maternal satisfaction.

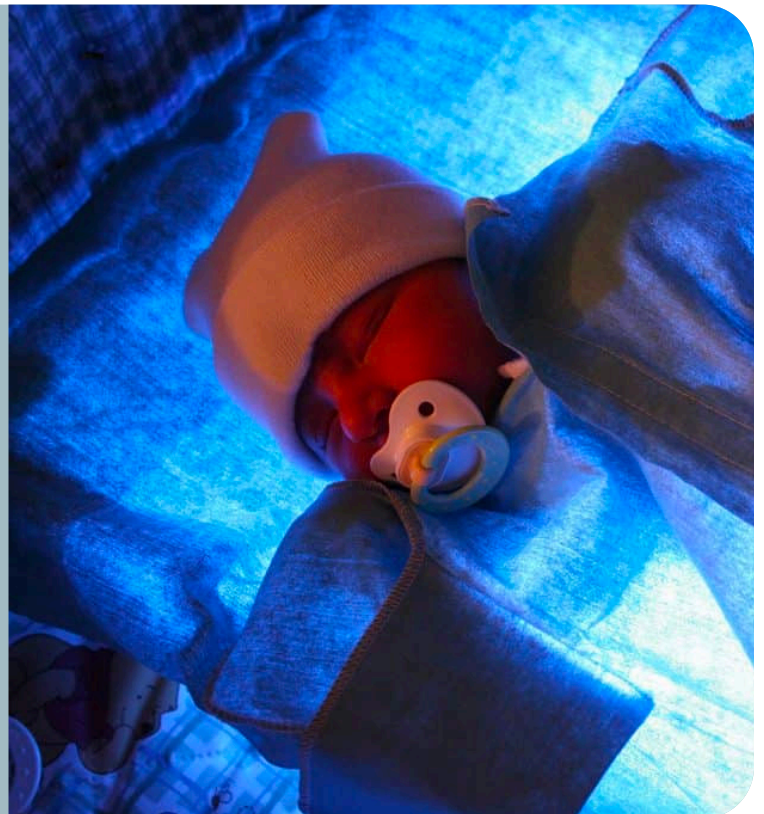
Thank you to our Adirondack Health staff for going above and beyond to bring excellent care, close to home.

New biliblankets arrive in obstetrics

Babies born at Adirondack Health who suffer from jaundice can rest easier now with the newest addition to the obstetrics unit. Thanks to a grant from the Stewart's Foundation, Adirondack Health was able to purchase a new biliblanket.

Biliblankets are non-invasive and offer a gentle approach to treating jaundice in newborns. They emit blue light, which helps break down bilirubin, the substance responsible for jaundice, without the need for invasive procedures or medications. This minimizes discomfort for the infant, promoting a more soothing environment during a crucial stage of development. Biliblankets also allow babies to remain with their parents while receiving treatment.

Thank you to Stewart's Shops & the Dake Family for funding this new equipment!



Chef John Vargo's Signature Blackened Catfish Fillet with Creole Sauce



Ingredients:

2 lbs. Catfish fillets
1/2 cup of blackening spice
4 oz. melted butter

For blackening spice:

1 Tablespoon each of:
ground black pepper
paprika
dry thyme
oregano
garlic powder
onion powder
sea salt

Creole Sauce:

1/2 cup medium diced onion
1/2 cup medium diced red bell pepper
1/2 cup medium diced green bell pepper
1/2 cup fine diced celery
2 cups dry white wine
1/2 cup cut okra - fresh or frozen
1 cup diced tomato in juice (fresh in season or canned)
3 Tablespoons small capers
2 Tablespoons of minced garlic
2 Tablespoons of finely chopped fresh thyme
2 Tablespoons of chopped Italian parsley
1 Tablespoon of sea salt
1 teaspoon coarse ground black pepper
2 oz. Butter
1 teaspoon of Tabasco Sauce (optional)

Now that the summer is behind us, I thought it would be nice to offer my favorite "comfort food" recipe for this issue of the Foundation's newsletter! Since many folks know me as a seafood chef and fishmonger, I thought a great recipe would be one that incorporates a local favorite, like bullhead or catfish fillet. The sweet yet firm texture of catfish makes it a popular fish – even for people who do not enjoy a lot of seafood in their diet.

Always start with the freshest fish you can find - frozen works well if it has been frozen while very fresh.

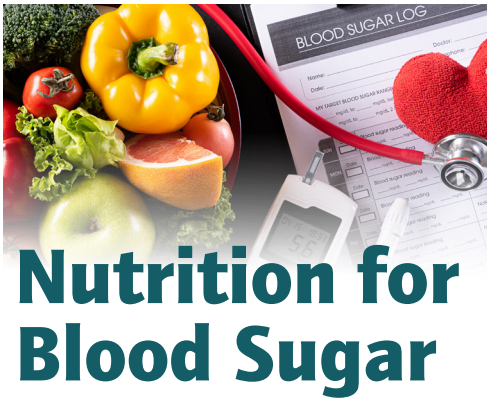
Procedure:

1. Mix the spices for the blackening mix well and dredge the catfish fillets in it.
2. Following the spice mix, coat the fillets in the melted butter and set them aside while you make the sauce.
3. For the sauce - place the butter, garlic, onion, celery, bell peppers, and fresh thyme in a medium saucepan over medium heat.
4. After the vegetables are cooked gently, add the white wine and turn up the heat to cook off the alcohol from the wine for 5 minutes.
5. Add the remaining ingredients except for the fresh parsley. Bring to a simmer and cook gently while you blacken the fish.

To blacken the fish

1. Place a cast-iron skillet over high heat and turn on an exhaust fan to capture excess smoke.
2. Place the coated fillets of catfish into the pan and cook on both sides until the spice/ butter mix is blackened. Remove to a deep-dish baking dish.
3. Pour the hot creole sauce over the fish and place in a preheated 400° oven for 10 minutes.
4. Remove the fish to a serving platter and sprinkle with freshly chopped parsley.

Yields 4 portions. Serve with Carolina style white rice.



Nutrition for Blood Sugar

By Joni Gerkin, RDN

Carbohydrates are our body's main source of energy. It only makes sense that you would want to give your body a steady source of energy throughout the day. A consistent carbohydrate intake is essential for people with diabetes, but is also helpful for anyone to improve mood, memory, sleep, and help you reach your weight goals by decreasing sugar cravings.

Often when we crave sugar, it is because our bodies are in urgent need for a quick energy source. By already having your body appropriately fueled by carbohydrates, you may be surprised by how much less interested you are in sugary foods.

For consistent carbohydrate intake don't skip meals, have some source of carbohydrate at each meal, and prioritize complex carbohydrates over simple carbohydrates for a slower and more steady release of glucose into your blood stream. Blood sugar spikes from too many simple carbohydrates can make you feel just as bad as blood sugar lows from lack of carbohydrates. The Dietary Guidelines for

Americans recommend that carbohydrates make up between 45-65% of daily calories. That means, if you are eating a 2,000-calorie diet, you should eat between 225-325 grams of carbohydrates a day. The more evenly you can disperse these calories throughout the day, the more stable your blood sugar will be.

The best way to increase complex carbohydrates and decrease simple carbohydrates is to eat foods in their whole form. This means eating whole grains, which haven't had the fiber rich husk removed during processing. When buying whole grain foods from the store, read labels to make sure Whole Wheat or Whole Grain is listed first on the ingredient list. For other complex carbohydrates eat whole fruits and vegetables, rather than drinking juices or highly processed options.

Also limit foods with added sugar, this even includes honey, maple syrup, or raw sugars.

Pairing a carbohydrate food with a protein and/or fat will also slow down digestion and release of the glucose into your blood stream.

The chart below, sourced from the Academy of Nutrition and Dietetics' Nutrition Care Manual, groups the different sources of carbohydrates in our diet. Though not all food examples in the chart are complex carbohydrates, each bullet has about 15 grams of carbohydrates to show what an equivalent quantity is between food groups. For example, one slice of bread, one cup of melon, and one cup of milk all have about the same amount of carbohydrates, which is approximately 15 grams.

Grains • 1 slice bread (1 ounce) • 1 small tortilla (6-inch size) • ¼ large bagel (1 ounce) • 1/3 cup pasta or rice (cooked) • ½ hamburger or hot dog bun (¾ ounce) • ½ cup cooked cereal • ½ to ¾ cup ready-to-eat cereal • 2 taco shells (5-inch size)	Fruit • 1 small fresh fruit (¾ to 1 cup) • ½ medium banana • 17 small grapes (3 ounces) • 1 cup melon or berries • ½ cup canned or frozen fruit • 2 tablespoons dried fruit (blueberries, cherries, cranberries, raisins) • ½ cup unsweetened fruit juice
Starchy Vegetables • ½ cup cooked beans, peas, corn, potatoes/sweet potatoes • ¼ large baked potato (3 ounces) • 1 cup acorn or butternut squash	Snack Foods • 3 to 6 crackers • 8 potato chips or 13 tortilla chips (¾ ounce to 1 ounce) • 3 cups popped popcorn
Dairy • ¾ cup (6 ounces) nonfat plain yogurt, or yogurt with sugar-free sweetener • 1 cup milk • 1 cup plain rice, soy, coconut or flavored almond milk	Sweets and Desserts • ½ cup ice cream or frozen yogurt • 1 tablespoon jam, jelly, pancake syrup, table sugar, or honey • 2 tablespoons light pancake syrup • 1 inch square of frosted cake or 2 inch square of unfrosted cake • 2 small cookies (2/3 ounce each) or ¼ large cookie



**Looking for
Primary Care?**

**Adirondack Health
is accepting new patients!**

Provider	Office Location	Phone Number
Lindsey Wilhelm, D.O.	Keene & Saranac Lake	518-576-9771 518-897-2850
Haley Del Duca, FNP	Tupper Lake	518-359-7000
Sarah Mader, D.O.	Saranac Lake & Tupper Lake	518-897-2850 518-359-7000
Devon McCabe, FNP	Keene & Saranac Lake	518-576-9771 518-897-2850
Darci Beiras, M.D. (Pediatrics)	Saranac Lake	518-897-2850
Tracy Henderson, M.D. (Pediatrics)	Tupper Lake	518-359-7000

Mount Marcy Society



The Adirondack Health Board of Trustees established the Mount Marcy Society in 2023 as its most prestigious recognition society for donors to Adirondack Health. It honors those who have made exceptional leadership investments to advance Adirondack Health capital projects, clinical patient care, a specific department or program, or physician and staff education or retention.

The Mount Marcy Society is reserved exclusively for those whose cumulative giving to the Adirondack Health Foundation exceeds \$1 million.

Inaugural members:

Cloudsplitter Foundation

Kevin and Tina Fountain

Joan and Bill Grabe

Gloria Drucker and Gordon Harris*

Catherine and W. Scott McGraw

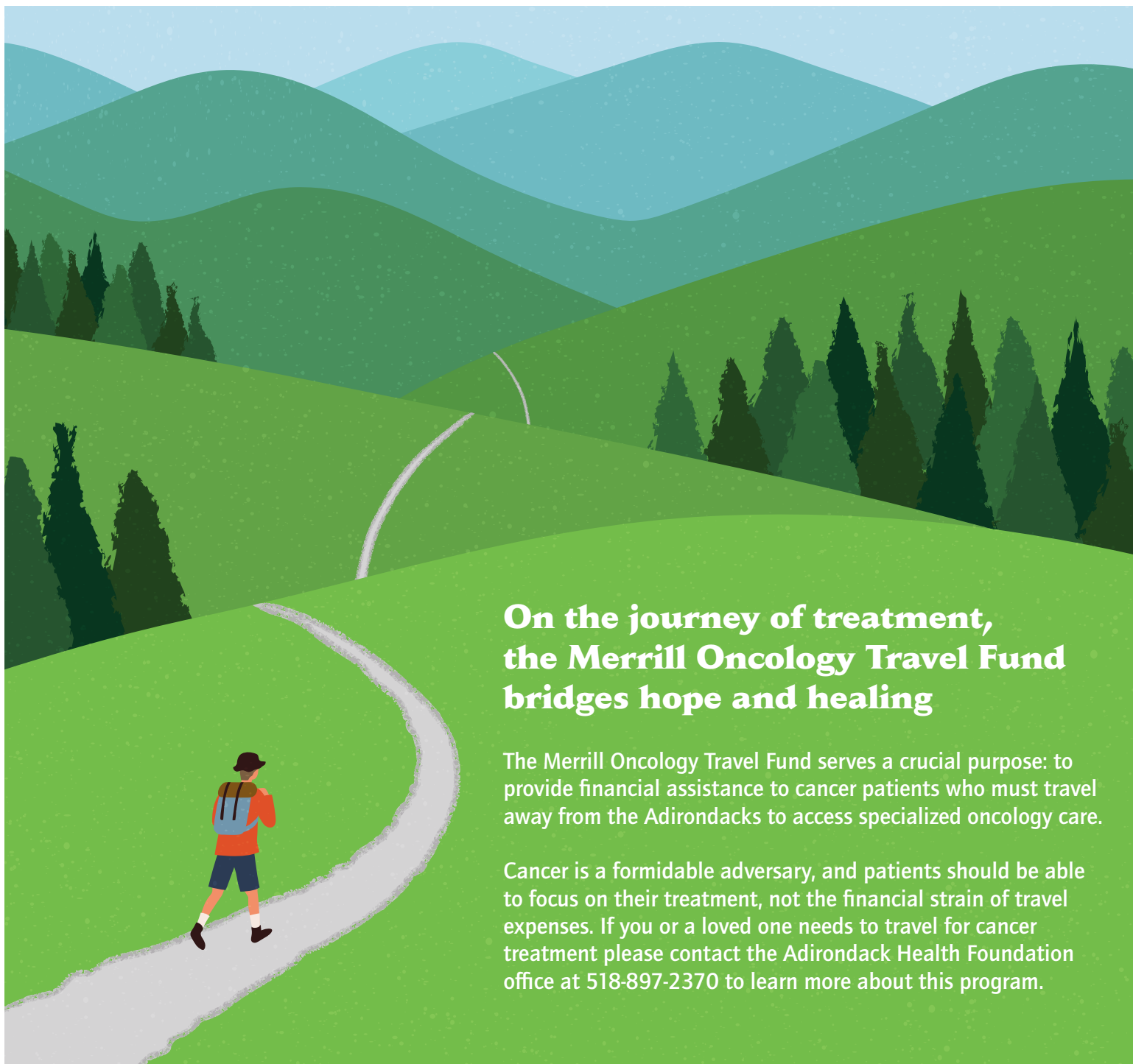
Alexander Redfield*

Maggie and Keith Stoltz

Deedee and Barrie Wigmore

*In memoriam:

Gordon Harris and Alexander Redfield



**On the journey of treatment,
the Merrill Oncology Travel Fund
bridges hope and healing**

The Merrill Oncology Travel Fund serves a crucial purpose: to provide financial assistance to cancer patients who must travel away from the Adirondacks to access specialized oncology care.

Cancer is a formidable adversary, and patients should be able to focus on their treatment, not the financial strain of travel expenses. If you or a loved one needs to travel for cancer treatment please contact the Adirondack Health Foundation office at 518-897-2370 to learn more about this program.