



Conceptual Artwork



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The Cornerstone Campaign nears goal, hits \$8.6 million mark

We are excited to share the latest update on The Cornerstone Campaign: We have now raised \$8.6 million toward our \$10 million goal. This project will completely renovate the patient floors and the renal dialysis treatment center, enhancing comfort and care.

The newly released concept images, above, reveal the future of patient accommodations—spacious, private rooms with state-of-the-art facilities for improved infection prevention and comfort. These upgrades include larger, accessible bathrooms, new HVAC systems for individual room temperature control, and revamped nursing stations to boost efficiency and communication.

Thanks to everyone's support, we are well on our way to providing our patients and dedicated staff with a facility that reflects the high-quality care they give. This vital investment

would not be possible without the outpouring of support we have received throughout the region.

"We are so fortunate to have access to the amazing health care we receive right here in our Adirondacks! My mom, family members and I have greatly benefited from our experience with the skilled physicians, exceptional nurses, and the entire staff of Adirondack Health," said Erin Perkins, life-long resident of Lake Placid and Adirondack Health Foundation board member.

"I'm so appreciative that our rural hospital will be here as our population ages, and I can't wait to see the renovated patient rooms; though I hope I won't be spending too much time in the new beds!"

Learn more about the Cornerstone Campaign at ahfcornerstone.org

Adirondack Health Foundation's *Summer Gala*

Honoring Joan Grabe
2024 Edward L. Trudeau Awardee

Saturday, July 6th, 2024
Paul Smith's College

To attend or sponsor please contact
the Adirondack Health Foundation
office at 518-897-2370.

Live Auction Preview

Montreal Getaway with Springsteen Tickets

Two tickets to Bruce Springsteen and The E Street Band, Thursday, October 31, 2024, at the Bell Centre, Montreal. Plus 2 nights at a Montreal hotel within walking distance.

Ocean View House in York Beach

One week stay for up to 10 guests in a gorgeous, 4,000 sq. ft. ocean-view beach house with 5 bedrooms, 4 baths, chef's kitchen, and game room. June 14 - 21, 2025 only.

Private Villa for 8 in Croatia

7 nights in a private 4 bedroom, 3 bathroom villa in beautiful Croatia! Villa has a private pool, air conditioning, sun deck and gardens.

Four VIP Race Day passes for Lake Placid Ironman

Includes: Premium swim viewing with breakfast, VIP bike course viewing with lunch, VIP finish line viewing with catered dinner, private restrooms, all day snacks and refreshments at the race on July 21, 2024.

Lake Placid Lodge Private Dining & Cruise

Champaign dinner cruise for 6 at the Lake Placid Lodge's Artisans! Private 4-course, wine-paired meal and champaign cruise on Lake Placid - expires July 6, 2025.

2023 AWARDS

Last year the hardworking staff at Adirondack Health once again made headlines around the country for their award-winning care.

- Adirondack Medical Center ranked a Top 100 Rural & Community Hospital by Becker's Hospital Review
- Re-designated a Pathway to Excellence by the American Nurses Credentialing Center
- Renal Dialysis recognized as a Five-Diamond Safety Facility by Quality Insights
- Sixth straight year of consistent five-star patient experience rating from the Center for Medicare & Medicaid Services
- Five primary care health centers were designated as Patient-Centered Medical Home by National Committee for Quality Assurance

The Scoop with Britt: Adirondack Health Hires Emergency Preparedness Coordinator

By Britt Proulx

Casey Reardon comes well equipped as Adirondack Health's new emergency preparedness coordinator, thanks to more than two decades of experience as a combat veteran and local police officer.

"My ultimate goal is to make sure everyone goes home safely," Reardon said.

"When people go home to their families at night, all the effort that goes into that is



Casey Reardon

worthwhile. I think it's going to be fantastic: the experience I have combined with the leadership and experience of the hospital staff."

Reardon spent more than 20 years in law enforcement, the majority of which was served with the Saranac Lake Village Police Department, including time as assistant chief. Reardon said his experience as a local police officer has allowed him to step into his new role at Adirondack Health and see both sides, bridging the gap between things that go on inside the healthcare organization and things that happen in the public.

"It's really interesting seeing Adirondack Health from both sides now," Reardon said. "You have this

perspective when you're on the outside in law enforcement – how the hospital works, the facilities, and the people that work there. But until you actually work here, you don't fully understand just how big of an operation it is and what it takes to keep its facilities secure. It's one of the biggest infrastructures and employers, not only in Saranac Lake, but the region."

Using the connections he's made throughout the Tri-Lakes over his years as a law enforcement officer, Reardon said he's in a unique position to connect Adirondack Health to the community and law enforcement in a new way. He said his steady communication with local public safety organizations is a win-win situation for both the security and emergency preparedness of the organization and the surrounding communities.

"Ultimately, I want to end or solve our security issues well before they reach Adirondack Health grounds," Reardon said. "My goal is to have such a good relationship with local community leaders and emergency services that we identify issues ahead of time and deal with them before they come to roost."

Reardon also has experience as a combat veteran with the U.S. Army, serving tours in Iraq in 2004 and Afghanistan in 2009. In Afghanistan,

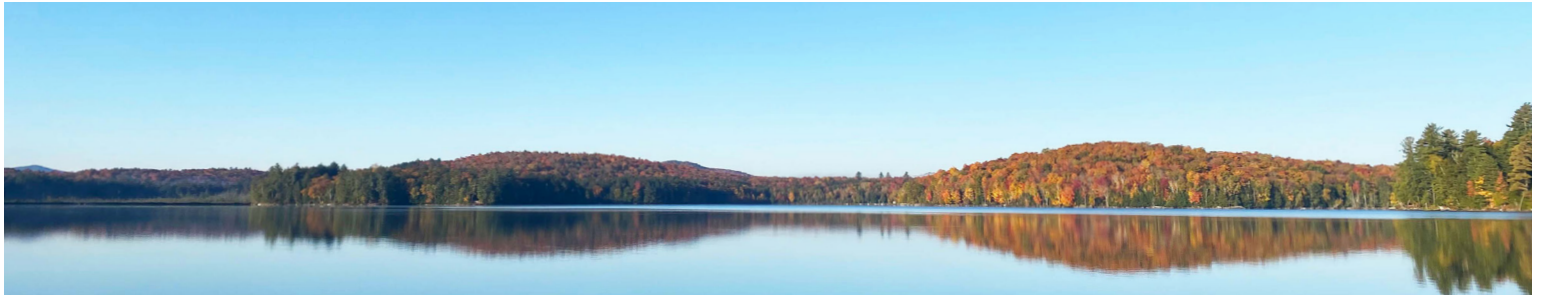
Reardon led an infantry squad performing embedded police mentor work outside Kandahar – one of the most volatile districts in Afghanistan. "As a police mentor, we created a security plan for the entire district," he said. "We started from scratch. That experience was invaluable. We were reaching across language and cultural barriers to establish a security plan that benefited the entire region."

Reardon said he is currently in the gathering and planning stages at Adirondack Health. His first weeks have been devoted to harvesting information and perspectives. He said he values hearing each department's perspective on the security of the organization and how they believe security can improve.

"I know that every person I see in the hallway at Adirondack Health has loved ones at home that they need to go home to. It helps me feel the burden of making sure our staff, patients, and visitors go home safely."

When he's not thinking about security, Reardon is a jack-of-all trades, operating several of his own businesses, selling real estate, and spending a lot of time watching his children's hockey games with his wife, Carrie.

Foundation Feature: Bob Merrill's Legacy



As written by his daughter, Nina Merrill.

Bob Merrill married the love of his life, Vernon L. Merrill, in 1947. Like most parents, they had their share of medical emergencies. With six kids, nine grandchildren, and three great-grandchildren, they knew what to expect and how to mend minor injuries at our remote camp at Big Wolf Lake (outside of Tupper Lake).



Vernon L. and Robert G. Merrill, 1982

We had a well-stocked medicine cabinet with almost every kind of bandage one might need, and our basement had crutches, a walker, knee braces, and slings. But even the best-equipped camp cannot always accommodate the unknown.

I remember the time when my brother was waterskiing and came in a little too 'hot' and broke a few ribs on the dock; or on Christmas



Nina Merrill and her Dad enjoying a sunset

night a little after midnight, when my father was rushed to Adirondack Medical Center for what turned out to be a gallbladder attack and needed immediate surgery (my sister's homemade pie was accused of the original ailment); or when an ambulance raced us to Saranac Lake to reset a severely dislocated shoulder.

It is nice to know where to go when things are scary, and someone you love is in distress or severe pain.

Adirondack Health is also the place where Mom took several rounds of Chemotherapy, at the now Merrill Oncology Center. My parents found peace and normalcy driving to and from treatments, and Mom enjoyed visiting with the nurses and the pretty view of Lake Colby as the personalized cocktail was administered. It was connections like those with the Chemo Nurses, and the great food that Dad appreciated (and even asked for seconds) once his gallbladder was removed, that make Adirondack Health so special.



Bob Merrill, at age 89, after winning the sailing canoe race on Big Wolf Lake

While we hope our friends and family will never need such services, the dedicated staff is there – willing and able with their great skills and kind hearts. I am grateful for the care my family has received at AH and their affiliates. Dad almost made it to 100. He would applaud Carl and his team for serving fresh, healthy, organic food. While Mom was busy taking care of others, she would be the first one to urge you to make that appointment because early detection is key to everything.

Dad's motto was "Make it better, make a difference," which is why he left a Legacy Gift to Adirondack Health. He knew the staff at Adirondack Health also know how to make things better and they all make a difference.

Today, I'm asking you to consider joining the Redfield Legacy Society so you, too, can help make things better and make a difference!

Contact the Foundation office for more information on how to join the Redfield Legacy Society at 518-897-2348.

Executive Chef John Vargo's Pan-fried Brook Trout with fiddlehead ferns and wild ramps



Ingredients:

4 cleaned and boned brook trout
2 cups masa flour (corn flour for tortillas)
1 pound of fresh fiddlehead (ostrich) ferns
12 wild leek (ramp) tops
4 large sprigs of fresh thyme
1 lemon
8 Tablespoons of fresh salted butter
1 cup chicken stock or vegetable broth
¼ cup of heavy cream
Sea salt and fresh ground black pepper to taste

Why Chef Vargo loves this recipe:

Spring is here in the North Country, and with the change in weather comes the first of the years opportunity to forage from the local forest! I have been foraging for many years, and can safely identify my favorites, but if you are not comfortable doing this, there are several local shops that purchase and resell fresh forage from knowledgeable experts. Of course, you should never consume any plant or mushroom that you are not 100 percent sure it is safe to eat.

This recipe features a celebration of the Adirondacks' ability to provide early excitement on the dinner table at a time when we have grown weary of our winter diet of canned or frozen vegetables or remnants of last year's root cellar stores. With it I hope that you can become as excited as I am about putting the winter behind us!

Procedure:

Wash the fiddlehead ferns several times in a bowl of salted cold water, changing the water between each wash.

Blanch the fiddleheads in boiling water for 5 minutes. Remove ferns from pot and place immediately into a bath of clean fresh ice water to stop the cooking process. Remove from water when cooled and drain well. Wash the ramps well under cold tap water. Slice into thin strips and set aside.

Dredge the boned trout in the masa flour. Tap off excess flour.

Heat a skillet, large enough to accommodate cooking the trout, to medium heat and add one fourth of the butter to the pan before placing the fish in the pan. Place one large sprig of fresh thyme into the skillet and flip the trout gently onto the sprig so that its flavor permeates the fish as it cooks. Leave the sprig on the cooked trout to serve. Place the cooked trout onto a plate or platter and repeat this step for each of the four trout. Add more butter if necessary to obtain a gentle golden crispiness on each fish. Keep warm.

After all the trout has been cooked, add the fiddlehead ferns and wild leeks to the hot butter in the skillet. Stir and cook for 2 minutes. Cut the lemon in half and squeeze the juice of one half into the skillet with the vegetables. Stir. Cut the other half of the lemon into slices for garnishing the finished dish. Add the chicken or vegetable stock to the vegetables in the pan and turn the heat to high. Reduce the liquid by one half by boiling rapidly. Add the cream and reduce slightly until desired consistency of sauce is achieved. Turn off heat, season sauce and vegetable mixture with sea salt and fresh ground black pepper. Pour hot mixture over the cooked trout, garnish with lemon slice and serve immediately.

Yields 4 portions. Preparation takes about 1 hour. Recipe is Gluten Free.



Nutrition for Strength Training

By Joni Gerkin, RDN

If you are putting the time and energy in at the gym, you are going to want to make sure you maximize results by getting the right nutrition. Priorities of your nutrition should be to support energy for a great workout and to repair and build muscle post-workout.

Before a workout, you want to make sure you are well-fueled. A meal 1-4 hours before a workout should be high in quality carbohydrates, moderate in protein, and low in fat and fiber. If it has been a few hours since your last meal, you might want to add a snack 30 minutes to an hour before working out. This snack should follow the same concept of carbohydrate-heavy, moderate in protein, and low in both fat and fiber. Don't forget to be hydrated. Drink 5 - 10 oz of water or sports drink before you work out.

If you are working out consistently for more than an hour, you want to get some nutrition during your workout to keep your energy going. After the first hour, aim for 30 - 60g of carbohydrates per hour. To prevent GI distress and support

consistent energy, spread your intake to a little something every 15 to 20 minutes, rather than just eating once an hour. Drinking to maintain hydration while exercising depends on your sweat rate. Needs can range between 5 - 10 oz of water every 20 minutes. Aim towards higher volume within that range if you're working out at a high intensity in warm temperatures.

Post-exercise nutrition is critical for muscle repair. So, get some high-quality protein as soon as possible after exercise. Try to get 15 - 20g of protein within 30 minutes after working out. You also want to replenish the glycogen stores in your muscles, so also include as much as 1g of carbohydrates per kilogram of your body weight post-workout.

Fat intake should be focused on healthy fats. Healthy fat sources are nuts, seeds, olive oil, avocados, and fish. Post-workout is the best time to incorporate fat in your diet since fat slows down your digestion rate and can cause some stomach discomfort if eaten in high quantities before exercise.

If your ultimate focus in weight training is muscle gain, then focus on high-calorie food choices at meals. If your focus is on fat loss, choose lower-calorie foods and eat more frequently throughout the day. Many people only focus on protein for strength training, but carbohydrates and fat are also important. Total protein intake should not exceed 2g per kilogram of body weight daily. Depending on your intensity of strength training a daily goal range is between 1.2 - 2.0g per kilogram body weight. Carbohydrate intake should be at least 5g per kilogram body weight, and needs can go as high as 10g per kilogram if you are also incorporating rigorous aerobic exercise in your workout routine. Focus on whole grains instead of refined grains for your carbohydrate choices, except for just before or during your workout. Fat should make up the remainder of your calories needs, and be between 25-35% of your total calorie intake.

Learn more about Adirondack Health's Medical Fitness Services at ahmedicalfitness.org

SUMMER IN STYLE & WIN A BOAT!

AN UPPER SARANAC RESIDENT HAS GENEROUSLY DONATED AN ANTIQUE WOODEN BOAT TO THE ADIRONDACK HEALTH FOUNDATION.

THIS 14-FOOT, PETERBOROUGH ANTIQUE WOODEN BOAT HAS A 15-HORSEPOWER OUTBOARD MOTOR WITH SEATING FOR FIVE OCCUPANTS.

THE WINNING RAFFLE TICKET WILL BE DRAWN AT THE 2024 ADIRONDACK HEALTH GALA. TICKETS ARE \$20 EACH OR SIX FOR \$100.



**SCAN FOR DETAILS &
TO BUY TICKETS**

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
Michele Mannion, M.D.	Saranac Lake & Lake Placid	518-897-2850 518-523-1717
Mario Tagliagambe, M.D.	Tupper Lake	518-359-7000
Lisa O'Connor, RPA-C	Tupper Lake	518-359-7000
Darci Beiras, M.D. (Pediatrics)	Saranac Lake	518-897-2850
Tracy Henderson, M.D. (Pediatrics)	Tupper Lake	518-359-7000



HONOR A CAREGIVER WITH **HELPING HANDS & HEARTS**

If there is someone who really made a difference in your care, please consider giving a gift from your heart in their honor. The staff member will be notified of your kindness, *but not the amount of your gift*, and will receive a special heart pin to wear with pride.

Thank you for placing your trust in Adirondack Health.

ADIRONDACKHEALTH.ORG/GRATEFUL

