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Foundation Launches *Together, We Can Elevate Health* Campaign

The Adirondack Health Foundation is proud to launch this year's Annual Fund Campaign: *Together, We Can Elevate Health*—a powerful opportunity for our community to unite in support of Adirondack Health.

This year's campaign embodies our shared commitment to enhancing patient care and advancing healthcare services across our region.

"Annual giving is essential to Adirondack Health's ability to provide the best care possible to our neighbors, friends and loved ones," said Emily Moulton, Annual Giving Coordinator at Adirondack Health Foundation. "It enables us to upgrade essential equipment, adopt innovative technologies, and bring world-class healthcare to our community. Every gift, no matter the size, makes a meaningful impact on the lives of our patients and their families."

This year's campaign is hallmarked by two transformative initiatives that will drive progress and improve outcomes for Adirondack Health and the communities we serve.

Expanding Capacity with the Mako Robotic-Arm Assisted Surgery System

Adirondack Health is expanding its surgical capabilities to meet growing demand. This year's campaign will fund additional instrument sets for the Mako Robotic-Arm Assisted Surgery System, enhancing precision in total knee and hip replacements.

These instruments will allow us to:

- Increase surgical capacity, reducing delays
- Improve team coordination for greater efficiency
- Shorten wait times, ensuring timely care

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Continued: Foundation Launches Annual Fund Campaign *Together, We Can Elevate Health*

"An additional instrument set will help us provide treatment exactly when it's needed," said Megan Guay, Director of Perioperative Services – OR.

Since 2020, Adirondack Health has led the region in robotic-assisted joint replacements. With procedures expected to rise significantly by 2030, these instruments are essential to meeting demand and delivering exceptional care.

"With these new instruments, we can provide a truly personalized surgical experience, ensuring the highest precision and best outcomes," said Dr. Bartłomiej Szczech, Director of Joint Replacement Surgery.

As a Comprehensive Joint Replacement Center of Excellence, Adirondack Health remains committed to innovation, quality, and outstanding patient outcomes. These advancements will benefit more than 100 patients in the coming year.

Luminos Agile Max Fluoroscopy Unit: Elevating Imaging Services

The imaging department at Adirondack Health will also benefit from replacing its aging fluoroscopy equipment, last updated in 2009, with the Luminos Agile Max Fluoroscopy Unit. This critical upgrade will improve diagnostic precision, reduce radiation exposure, and enhance the patient experience.

"The new fluoroscopy equipment will allow us to deliver safer, faster, and more accurate imaging for a wide range of procedures," said Jim Sabin, Director of Medical Imaging. "Patients will benefit from improved comfort and lower radiation exposure, while the reliability of the updated technology will ensure uninterrupted care."

Serving over 2,000 patients annually in the fluoroscopy suite, this upgrade will help Adirondack Health continue to provide exceptional and efficient care for years to come.

Annual giving is the lifeblood of

Adirondack Health's ability to adapt, grow, and provide the highest quality care to our community. Every contribution helps us acquire advanced equipment, improve facilities, and ensure access to the best treatments for our patients. Your generosity directly impacts lives, from enabling faster recoveries to ensuring safe and accurate diagnostics.

By supporting this year's *Together, We Can Elevate Health* campaign, you'll help bring these vital projects to life. Together, we can strengthen Adirondack Health's ability to deliver innovative and compassionate care, ensuring a healthier future for everyone in our region.

To contribute to this incredible cause, please visit adirondackhealth.org/ give or contact us directly. Let's elevate health together!

Make your annual fund gift online!

Scan with your phone



Adirondack Health is the only health system in New York State to earn 5 stars from the National Rural Rating System.

All thanks to our incredible staff, who go above and beyond every day.



Meet Jen Balog, Adirondack Health Foundation's New Executive Director



Jen Balog, CFRE, CAP

Following the January 10 retirement of Hannah Hanford, who led the Foundation with distinction for more than 14 years; the Adirondack Health Foundation has a new executive director, Jen Balog.

"When I walked through the doors of Adirondack Health, I immediately felt that it was a special place," Balog said. "You can sense an organization's culture when you step inside and at Adirondack Health, it's clear the staff is deeply passionate, patient-focused, and committed to caring for the community, as well as those who visit this beautiful region. Whether you're a local resident or a visitor, everyone deserves access to quality healthcare, and that's what Adirondack Health delivers."

Balog brings more than 15 years of experience in philanthropy and development, complemented by 16 years as a frontline radiation therapist.

She has served as foundation director at Community Memorial Hospital

in Hamilton, N.Y. and Iredell Health System in Statesville, N.C., as well as assistant vice president for development at Upstate Medical University in Syracuse. Most recently, she held the role of chief development officer at Nashville General Hospital in Tennessee.

A Buffalo native, Balog is excited to return to New York state, where she and her family also have Adirondack roots. She and her husband spend summers at their camp in Raquette Lake.

Balog holds an associate degree in radiation therapy from Erie Community College, a bachelor's degree in healthcare administration from Rochester Institute of Technology, and a Master of Healthcare Administration from Utica College. She is also a Certified Fundraising Executive (CFRE) and Chartered Advisor in Philanthropy (CAP), reflecting her dedication to professional excellence.

Transitioning from patient care to philanthropy was a natural evolution for Balog, driven by her deep understanding of patients' experiences, particularly in oncology.

"Having worked closely with patients and their families, I've learned to listen and empathize with what they're going through. That perspective fuels my passion for building trust and ensuring they receive the best possible care," Balog explained.

For Balog, philanthropy is about more than raising funds—it's about forging meaningful connections. "I'm honored to serve as a bridge between patients, families, and the hospital. It's about understanding what moved someone's heart and aligning their passions with the hospital's mission. To see their contributions turn into tangible, lasting impacts is incredibly rewarding."

Jen can be reached by email at jbalog@adirondackhealth.org or by phone at 518-897-2348.

Adirondack Health Foundation's SUMMER GALA

Honoring the
2025 Dr. Edward L. Trudeau Awardees
Hannah Hanford & Claude Roland, MD

Saturday, July 12, 2025

McKenzie Wilderness Estate
Ray Brook, NY

Space is limited, get
your tickets or
sponsorship today!



Foundation Feature: The Next Phase of the Cornerstone Campaign Project

Enhancing Patient Rooms and Renovating Dialysis Space

The Cornerstone Campaign officially concluded on December 31, marking a remarkable achievement of \$12.5 million raised from 688 donors. This milestone has laid the foundation for a transformative initiative to modernize patient rooms on the second and third floors and renovate the dialysis space. With the campaign complete, we are now moving forward with the next phase of the Cornerstone Project to ensure the best possible patient experience.

A recent planning meeting took place to assess the next steps in the renovation process. The project team is working diligently to balance patient needs, financial feasibility, and infrastructure improvements to enhance patient care. This effort is a collaborative partnership with the hospital board of trustees, administration, and our medical colleagues, who deeply understand these spaces.

Another key aspect of this phase is the renovation of the dialysis space, ensuring a more efficient and comfortable environment for patients requiring dialysis treatments. The

upgrades will enhance the quality of care and improve patient experience for those relying on this critical service.

"I have had the privilege of meeting many of our generous donors throughout the years of this campaign, and their passion for these room upgrades and renovations is truly inspiring," said Jennie K. Frenette, Director of Medical Surgical Unit. "Their commitment to improving the patient's experience is the driving force behind these important enhancements."

"We remain committed to delivering a modernized and patient-centered space," said Dan Hill, Chief Operating Officer. "While the costs have increased, our goal is to make strategic adjustments that prioritize patient care, staff efficiency, and fiscal responsibility."

The team is continuing to refine plans and collaborate with stakeholders to move the project forward efficiently. "Stewardship is at the heart of everything we do," said Aaron Kramer, President and CEO. "We deeply value the generosity of our donors and



Leadership meeting to discuss the next steps of the Cornerstone Campaign

remain committed to ensuring their contributions directly enhance patient care and improve health outcomes in our community."

As the project progresses, the commitment to innovation and excellence remains unwavering. These enhancements will not only elevate patient experience but also reinforce our mission to provide compassionate, high-quality care for all who walk through our doors.

Regular updates on the progress of the Cornerstone Project will be available on the Foundation's website at adirondackhealth.org/cornerstone



2025 Sk8 to Elim8 Cancer Frozen 5K: By The Numbers

111+ participants raised \$26,450+ for cancer research & Adirondack Health Foundation's Merrill Oncology Travel Fund

Executive Chef John Vargo's **All Natural Scottish Salmon** **with Wild Mushroom Soy Cream**



Ingredients:

- 2 pounds Scottish salmon fillet cut into 4 portions
- 1 cup all-purpose flour (gluten-free flours may be substituted)
- 8 oz butter
- 1 pound of your favorite wild mushroom variety (Oyster, Shiitake, Crimini, etc.)
- 2 Tablespoons finely chopped onion or shallots
- 1/4 cup good quality soy sauce such as Tamari or Kikkoman
- 1/2 cup heavy cream

Why Chef Vargo loves this recipe:

This is a hearty early springtime dish that pairs wonderfully with roasted root vegetables that you may have stored over winter. Perhaps a nice fluffy rice or creamy risotto would be nice if you wanted to eat it and then hibernate until the snow melts! Enjoy!

Procedure:

1. Place ½ of the butter in a skillet large enough to cook all 4 pieces of fish at once.
2. Heat the skillet to medium heat so that the butter begins to sizzle in the pan.
3. Dredge the fish in the flour and tap to remove excess.
4. Place each coated piece of fish into the skillet and cook over medium heat until brown on both sides.
5. Once cooked to desired doneness (medium rare recommended) remove portions to a warm plate.
6. Add the remainder of the butter to the pan and add your thinly sliced mushrooms and minced onions.
7. Stir or toss the mushroom mixture until lightly browned.
8. Add the soy sauce to the pan and turn up the heat to reduce by half.
9. Add the cream to the pan and bring to a boil. Reduce heat and simmer until sauce thickens to desired consistency *for thicker sauce reduce more, for thinner, reduce less.*
10. Pour the sauce over the salmon on the plate and serve immediately.



Eat for Longevity

By Joni Gerkin, RDN

Sarcopenia is an age-related loss of muscle mass and strength. During the earlier years of our lives, our bodies build muscle, but around the age of 30, we hit a tipping point and start to lose muscle mass.

It is estimated that naturally, with aging, we lose 3-5% of our muscle mass every ten years after the age of 30. This rate of loss increases around the age of 60 and again around the age of 80.

Sarcopenia occurs when muscle mass loss reaches a point where weakness interferes with daily activities. People with sarcopenia are at greater risk for falls, as it becomes difficult for them to support their bodies. It can also become impossible for them to carry out simple tasks, such as picking up objects or opening containers.

Though age-related muscle loss is a natural occurrence, the rate of loss can be decreased and sarcopenia can be

prevented through proper nutrition and exercise. Adequate protein intake is the main nutritional strategy for preventing sarcopenia.

Additionally, there is an association between low vitamin D levels and an increased risk of sarcopenia. Often, as people age, their overall nutritional intake decreases due to a reduced appetite. Eating less reduces the opportunity to get adequate protein.

To combat age-related muscle loss, it is recommended to aim for a daily intake of 1 to 1.5 grams of protein per kilogram of body weight (1-1.5 g/kg/day). A good way to start getting enough protein is to ensure you have three meals a day and incorporate high-protein foods into all those meals.

Protein sources can be animal-based, such as meat, poultry, fish, eggs, and dairy, or plant-based, such as beans, nuts, seeds, and soy-based products.

Living in the Adirondacks does not help with vitamin D levels. Sunlight is needed for our bodies to produce vitamin D, but our long winters limit our overall sun exposure. Your doctor can check your vitamin D levels and possibly prescribe a supplement if needed. Increasing vitamin D in your diet is also beneficial. Vitamin D can be naturally found in foods such as fatty fish (e.g., salmon, halibut, cod, or tuna) and egg yolks. Some foods are also frequently fortified with vitamin D, such as milk, orange juice, and breakfast cereals.

Additionally, some mushrooms exposed to ultraviolet light to increase their vitamin D content can be found in grocery stores.

Nutrition is crucial for preventing muscle loss, but staying active is also very important for maintaining muscle. Consider incorporating strength or resistance exercises into your routine.

Maintaining muscle mass as we age is essential for preserving strength, mobility, and overall quality of life. While sarcopenia is a natural part of aging, it is not inevitable—proper nutrition and regular physical activity can significantly slow its progression.

Prioritizing protein intake, monitoring vitamin D levels, and engaging in strength or resistance exercises can help prevent muscle loss and support long-term health. By making small, intentional lifestyle changes, individuals can maintain their independence and continue to enjoy daily activities well into their later years.

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

The Scoop with Britt: Ambulatory Pharmacists Offer Wide Range of Services

By Britt Proulx

Adirondack Health's ambulatory pharmacy program provides personalized medication management, ensuring proper medication use and minimizing the risk of adverse effects.

By working closely with healthcare providers, pharmacists Elisabeth Cottom and Alissa Harse help improve patient outcomes, promote medication adherence, and optimize treatment plans.

For those who aren't familiar with ambulatory pharmacy, patients can get help with medication counseling, ensuring they understand how and when to take their medications, and receive help identifying and preventing potential side effects.

Ambulatory pharmacists also monitor medications to identify and prevent drug interactions, recommend alternative treatments (when necessary), assist with medication refills, and work with the patient's healthcare team to adjust dosages or medications for better outcomes. Additionally, they can provide guidance on managing chronic conditions, such as diabetes or hypertension, through effective medication use.

Cottom said it's important to give patients knowledge about what medications they are taking and why they are taking them.



Alissa Harse and Lis Cottom

"This will give them more confidence to take the medications," she said. "This is our most important job."

As a Doctor of Pharmacy and a certified anticoagulation care provider, Harse said successful implementation of a Collaborative Drug Therapy Management (CDTM) program means not only improved patient outcomes and medication adherence, but also a reduction in overall healthcare costs.

"Our patients are truly appreciative of the time we spend explaining how the medications work, ways to implement lifestyle strategies to complement the medication therapy, and our ability to give them better general understandings of their health conditions and why certain drugs are prescribed."

Establishing relationships with their patients helps Harse and Cottom build trust, which increases communication between patients and their healthcare providers. Harse said these interactions lead to more than just medication counseling.

Patients may not want to add a given medication to their regimen for several reasons, including cost, fear of side effects, misinformation about adverse effects, medication burden and complexity, and overall lack of access to medications. Not having access to proper medication is a major barrier to a patient's health, and with healthcare and out-of-pocket costs being substantial for some patients, Harse and Cottom can help many of them through different strategies.

"We can help with discounted co-pay cards, patient assistance programs, or therapeutic substitutions, so they don't go without their prescribed medications," Harse said. "There is also a huge deficit of pharmacies in our area, with three closing in the Tri-Lakes region alone in the last six years. Because of this, we have become a main point of contact for our patients in terms of questions and concerns, as the local retail pharmacists' workloads continue to increase."

Why Sue & Harris Semegram Give Through Their IRA

A few years ago, the Semegrams discovered a simple yet impactful way to give—donating directly from their Individual Retirement Account (IRA). This method, known as a Qualified Charitable Distribution (QCD), allows donors aged 70 ½ year or older to contribute to charities tax-free while also satisfying their Required Minimum Distributions (RMDs).

“It’s an efficient way to support a cause I care about while reducing my taxable income,” Harris explains. “Many people don’t realize that instead of paying taxes on these required withdrawals, you can redirect them to a nonprofit like Adirondack Health Foundation and make a real difference.”

Committed to sustainability in philanthropy, the Semegrams make quarterly gifts to the Adirondack Health Foundation, ensuring that the hospital has steady support throughout the year. “Healthcare is something we all rely on at some point in our lives,” Harris notes.

“Having a full-service hospital in our community means that when emergencies happen or specialized care is needed, we don’t have to travel far. Supporting Adirondack Health means supporting the future of care for my neighbors, my family, and myself.”

For more information on giving through your IRA, please contact Adirondack Health Foundation at 518-897-2348 or jbalog@adirondackhealth.org. Together, we can invest in the future of healthcare for generations to come.

