

# Wellaware



Volume 5, Issue 3 - Summer 2007

## A True Lifesaver

In an effort to prevent needless tragedy, Sheila Young developed a creative program to raise awareness of the life-saving value of personal flotation devices.



**S**heila Young, a Registered Nurse in the AMC Medical Imaging Department, is the driving force behind a recently announced joint initiative between AMC and the State DEC that will hopefully result in lives saved on area waterways.

Last year, Sheila came up with a plan to improve usage of Personal Flotation Devices by boaters in the Tri-Lakes region.

"'Safety First!' has always been a driving force in our guide service and education programs," said Sheila. "It was AMC CEO Chandler Ralph who suggested that a PFD outreach program would benefit our Tri-Lakes communities. I was pleased to develop the program and am grateful to all the organizations that have agreed to participate. It is worth the effort if we save one life,

make one person's day safer, or make a boat trip more enjoyable."

AMC, through a grant from the Adirondack Medical Center Foundation, purchased 50 PFDs and provided them to the DEC Region 5 Office of Public Protection. DEC Environmental Conservation Officers and Forest Rangers will lend the PFDs to boaters who are violating NYS Navigation Law by not having a PFD while on the waters in the Tri-

lakes area.

The PFDs come with a list of participating entities to return the life jackets. The program was developed through the efforts of Sheila, who is also a licensed guide and co-owner of Adirondack Foothills Guide Service and retired Captain Carol Drury, who until recently was a DEC Regional Environmental Conservation Officer.

According to the United States Coast Guard (USCG), in 2005

approximately 70% of all fatal boating accident victims drowned, and almost 90% of those who drowned were not wearing a PFD.

Over 400 lives would have been saved if the boaters had been wearing a PFD.

Since the launch of the initiative, several life jackets have been handed out and returned.

At the end of the season, Sheila plans to provide a report of how successful the program was in its first year.

## From the CEO ...



**N**o two people come to God by the same road. There are very, very few who reach him without stumbling and falling.

There are seeds that grow a long time in darkness before they push up shoots into the sun.

There are others that come to the light at one thrust in a single day.

We are sometimes in darkness, but if we want the light, we will come to it in time.

The human soul meets barriers that it must cross.

And they are not always crossed at one stride.

The direction in which the soul travels is the important thing.

If it travels away from itself, then it must ultimately come to God.

If it turns back upon itself, then this is a course of harm.

Because without God we are nothing.

Everything, therefore, that urges you to an outward goal – service, love, the simplest interest in the world

Can be a step toward Him”

When I read the cover story of this quarter’s Well Aware, it brought to mind this passage which is one of my favorites. If my memory serves me well, it is from a Morris West novel entitled either Lazarus or The Clowns of God.

What struck me was the simple message of reaching out to others in friendship and with help as a way to reach a greater good.

This is what our doctors, nurses and staff do every day, not only in service to our patients but to members of our greater community as we see in the story of Sheila Young and the PFD project. She saw a need and she reached out to meet it head on.

May all of us be urged on to an outward goal of service, love, or the simplest interest in the world.

*Chandler*

### Welcome to AMC's Newest Employees

Amell, Tracey L., LPN - Graduate

Asher, Cynthia E., Environmental Svc Tech

Austin, Nigel, Environmental Svc Tech

Beck, Cassandra L., Medical Unit

Bessey, Kari J, Nutritional Svc

Bourbeau, Frances A., LPN

Bruce, Mark K., Environmental Svc Tech

Burdo, Korin, Graduate Nurse

Burnett, Kelly, Health Center

Burnham, Kelsey D., Nurse Admin

Callaghan, Carol A., Environmental Svc Tech

Chamberlain, William A., Medical Unit

Clark, Emily L., Lab

Colgan, Shane A., Surgical Unit

Cross, Kathryn, Certified Nursing Assistant

Crowl, Lauren L., Physician Assistant

Debuque, Ashley Jo, Environmental Svc Tech

Delisle, Elizabeth A., Registered Dietitian

Demars, Rhonda E., Uihlein

Dilzer, Allison M., Diet Tech

Dukette, Bonnie, CNA

Dunn, Heather M., Ultrasonographer

Dupuis, Ashley M., CNA

Elliott, Kimberly, CNA

Flagg, Kayla B., Food Service Worker

Fournier, Peggy V., Environmental Svc Tech

Fournier, Susan M., Environmental Svc Tech

Fournier, Timothy C., Environmental Svc Tech

Greenwood, Sarah, Public Relations - Intern

Hadynski, Toni L., Environmental Svc Tech

Hann, Stephen H., Graduate Nurse

Henry, Ashley R., LPN – Graduate

Hogan, Joshua J., Food Service Worker

House, Kathryn V., Registered Nurse

Johnson, Rebecca, CNA

Jones, Tiana, CNA

Kipping, Grace L., LPN

Kulka, Mark, Social Worker

Lapoint, Jessica L., Admin Supervisor

Laramee, Mark C., Reimbursement Specialist

Lavarnway, Heather, Admin Supervisor

Lawrence, Tanya, CNA

Lee, Michael D., VP Human Resources

Makrin, Kristin M., Graduate Nurse

Manson, Melanie L., CNA

Marocco, Samantha, Physical Therapist

McDaniel, Virginia M., Admin Supervisor

Meissner, Luke D., Surgical Tech

Moody, Kevin P., Athletic Trainer (Rehab)

Mosher, Jill, Food Service Worker

Nesbitt, Stephen S., Environmental Svc Tech

O'Reilly, William B., Food Service Worker

Peck, Robert F., Plant Ops

Perham, Melissa, CNA

Poreba, Dr. Stanley T., Psychiatrist

Preston, Michelle J., Bariatrics

Preston, Paula L., Cashier

Robertson, Jack A., Grounds Maintenance

Rock-Dougherty, Kristine, Speech Therapist

Rushlow, Linda R., Environmental Svc Tech

Sageman, Allison R., CNA

Saltus, Lynn M., Nursing Admin

Santerre, Erin, Finance Intern

Smith, Carole, Nurse Admin

Snyder, Yolonda M., Environmental Svc Tech

Vargo, Colleen C., Patient Accounting Rep

Varsics, Joan D., Systems Analyst

Vieths, Tamara J., Registered Nurse

Viscardo Jr., Dr. William, VP Medical Affairs

Weber, Sabine, Registered Dietician

Weigand, Susan A., HIM Clerk

Williams, Elyse, CNA

Wood, Roxanne M., Nurse Admin

Young, Alicia L., CNA



Dr. George S. Cook, left, congratulates Dr. W. Roy Slaunwhite on receiving Adirondack Medical Center's Distinguished Service Award.



Dr. Bradford A. Stephens addresses Gala attendees after receiving Adirondack Medical Center's Distinguished Service Award.



Gala committee members Heidi Sengenberger, Gina DuMond, chair, and Jolanta Roland.

# Crystal Gala Celebrates 10th Anniversary

## Crowd toasts Dr. Slaunwhite & Dr. Stephens at captivating Wild Center.

On a perfect Adirondack evening, over 260 dedicated supporters of Adirondack Medical Center attended the 10th edition of the Crystal Gala on June 9 at the Wild Center Natural History Museum in Tupper Lake.

This year's event was held in honor of **Dr. Roy Slaunwhite** and **Dr. Brad Stephens**, who were each presented with the Medical Center's Distinguished Service Award. The AMC Distinguished Service Award recognizes those individuals who have significantly contributed to the hospital's mission either through professional services or volunteerism.

David and Beth Johnson of Tupper Lake served as this year's Honorary Chairs, and welcomed guests as they arrived greeting them with champagne butlers, hors d'oeuvres, and the music of a strolling violinist, Joel Perkins. At 7:30 p.m., guests adjourned to the Wild Center's grand hall for dinner catered by Chair Six of Lake Placid, which was followed by dancing to the tunes of Jenni & the Jazz Junketeers, a high-energy seven-piece group from Burlington, Vt., with a reputation for captivating their audience with a wide selection of soul, R&B, and smooth jazz.

A highlight of the evening was the drawing held for the Super Wild Raffle, which resulted in the awarding of \$20,000 in cash prizes.

All proceeds from the gala will support the \$5.4 million renovations planned for AMC's Mercy-Uihlein nursing homes. **To learn more or support the effort, please contact the AMC Foundation Office at 897-2320.**



## Welcome to AMC

### Mike Lee



**Mike Lee** is AMC's new Vice President of Human Resources.

His most recent position was as VP of HR at St. Andrew's Hospital in Booth Bay Harbor, Maine.

Mike is originally from Glens Falls, and is very pleased to be back in the area with his wife and two daughters.

### Dr. Greg Zale



**Dr. Greg Zale** recently joined the AMC family, and is a General Surgeon that will be working full-time with Adirondack Surgical Group.

Dr. Zale graduated from Jefferson Medical College in Philadelphia, PA in 1987, followed by a general surgery residency at Sound Shore Medical Center in New Rochelle, NY from 1988-1993. He then completed a Fellowship at Connecticut Combined Hand Surgery 1995-1996.

Dr. Zale is joined at home by his wife Debra and together they have five children.

### Dr. Stan Poreba



**Dr. Stan Poreba**, is the new Medical Director for the Colby Unit at Adirondack Medical Center.

Dr. Poreba is certified by the American Board of Psychiatry and Neurology and by the American Board of Addiction Psychiatry. Dr. Poreba attended Medical School at Akademia Medyczna, Poland.

He completed a Pathology residency at Metropolitan Hospital in New York City, an Internal Medicine residency at Lincoln Hospital in New York City and a Psychiatry residency at Columbia Presbyterian Medical Center - Creedmoor Psychiatric Center in New York City.

WellAware is published quarterly by the AMC Community Relations Office for employees, physicians and friends of AMC. Please direct any inquiries to Joe Riccio, Communications Manager  
P.O. Box 471, Saranac Lake, NY 12983  
(518) 897-2341  
fax 897-2858  
E-mail: [jriccio@amcCares.org](mailto:jriccio@amcCares.org)  
On the Web: [www.amcCares.org](http://www.amcCares.org)

## Stay Connected with the Latest AMC News, Events, & Services

**Want to learn more about what's happening at AMC?**

**Just log onto [www.amcCares.org](http://www.amcCares.org) for the latest news, events & services.**

### *What's new online?*

**Click on the "You Shop, They Give" button on the AMC homepage to learn how your online purchases at major retailers can benefit the hospital.**

**Also, click on the "Let's Clear the Air" link to learn about AMC's efforts to go tobacco free on November 15.**

**Make [www.amcCares.org](http://www.amcCares.org) your homepage!**



## The Gift of Music

**AMC would like to decorate its Main Lobby with a small Baby Grand Piano. If you would like to purchase or donate one that is in good condition, please contact the Foundation Office at 897-2370.**