

# Welcome to the health centers of



# ADIRONDACK HEALTH

Adirondack Health is dedicated to providing exceptional care to its community. We have five health centers spread out around the region to give easy access for all patients.

We care for our patients in all stages of life, from newborns to seniors. We offer a range of services, including preventive medicine, routine care, chronic conditions, medication management, urgent care, referrals to specialists, lab monitoring, and radiology services to cover all of your healthcare needs. The practices utilize evidence-based guidelines to ensure that you are getting the right care at the right time.

Scheduling your visit is made easy by offering several options for scheduling. You can schedule your visit in person or by phone, or request a visit through the patient portal. We offer same-day appointments, and many of our health centers are able to accommodate appointments before 8 a.m. or after 5 p.m. upon request for urgent or routine needs. Technology-supported visits are also available for a number of appointment types.

**Primary care services** are provided for patients of all ages. These services include preventive care, routine care, chronic condition management, and education for health living. In order to provide high quality care and enhance coordination, we ask that you make your healthcare providers aware of care received outside of our system.

**Behavioral health services** are embedded in our health centers allowing your health care team to coordinate to maximize your care. We offer medication management for adults, children, and families.

**Referrals to specialists** are provided by our providers when it is in the best interest of the patient. During your appointment with your provider, you will discuss your options, and a referral will be made if appropriate.

**Internal medicine services** for adults are available for preventing, diagnosing, and treating health needs for ages 16 and older.

**Labs, imaging, and results** are followed in our health centers. Ordered by our providers for routine and urgent screenings, your provider will then review the results either in person, through our portal, or by phone.

**Pediatric services** are available at all of our health centers. In addition to our two pediatricians, most of our providers offer support. We provide well-baby, child, and teen exams, immunizations, medication management, and school and sports physicals.

**Care management** is available to help connect you with resources and services such as education, transportation, housing, and food.

**Patient Portal and Healow App** are available to our patients. Through your portal you can access lab results, summaries of your visit, and your medication list. You can also send messages with general questions or concerns, and request appointments.

**After Hours Line** for urgent questions or needs.

## Providers, locations, and hours of operation

### **Tupper Lake Health Center**

**7 Stetson Road  
Tupper Lake, NY  
518-359-7000**

**8 a.m. to 5 p.m. Monday to Friday**

- Dr. Tracey Henderson — pediatrics
- Dr. Sarah Mader — internal medicine
- Dona Kilgore — family physician assistant
- Lisa O'Connor — family physician assistant
- Meg Spear — family nurse practitioner
- Rebecca Snickles — family nurse practitioner
- Haley Del Duca — family nurse practitioner

### **St. Regis Falls Health Center**

**6 North Main Street  
P.O. Box 317  
St. Regis Falls, NY  
518-897-2876**

**8 a.m. to 4:30 p.m.**

**Third Thursday of each month**

- Lisa O'Connor — family physician assistant

### **Mountain Health Center**

**2841 NY-73  
Keene, NY  
518-576-9771**

**8 a.m. to 4:30 p.m. Monday to Friday**

- Dr. Lindsey Wilhelm — family medicine
- Devon McCabe — family nurse practitioner

### **Saranac Lake Health Center**

**285 County Route 47  
Saranac Lake, NY  
518-897-2850**

**8 a.m. to 5 p.m. Monday to Friday**

- Dr. Mario Tagliagambe — family medicine
- Dr. Darci Beiras — pediatrics
- Dr. Sarah Mader — internal medicine
- Dr. Lindsey Wilhelm — family medicine
- Dr. Michele Mannion — internal medicine
- Dona Kilgore — family physician assistant
- Jennifer McGuirk — family nurse practitioner
- Devon McCabe — family nurse practitioner

### **Lake Placid Health Center**

**203 Old Military Road  
Lake Placid, NY  
518-523-1717**

**8 a.m. to 5 p.m. Monday to Friday**

- Dr. Elizabeth Bartos — family medicine
- Dr. Karen Cooper — internal medicine
- Dr. David Garrison — internal medicine
- Dr. Michele Mannion — internal medicine
- Amy Garrison — adult nurse practitioner
- Haley Del Duca — family nurse practitioner
- Dr. John Koutras — psychiatry

***For medical record requests, please call 518-897-2520  
After hours contact for all health centers: 518-897-2744***