

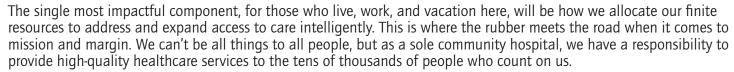
A message from the CEO

Behind a wooden cabinet door on the wall of my office, there is a whiteboard filled with work ideas, observations, priorities, and random thoughts. Things are added. Things come off. Sometimes it is filled edge to edge with my dry-erase chicken scratch. Sometimes it's pretty sparse.

But four bullet points have been there for a while and aren't likely to disappear anytime soon:

- Access to care
- Legacy
- Sustainability
- Transformation

Nearly two years into my tenure as Adirondack Health's president and CEO, these have proven to be four of my primary navigational buoys.



Our legacy of healing stretches back 110 years, to a time when the Tri-Lakes region was a globally-recognized destination for individuals with tuberculosis, looking to "take the cure." It was the opportunity to perform early, experimental thoracic surgeries on TB patients that first drew surgeons to this area.

Our ability to sustain that legacy is rooted in the natural beauty of the Adirondacks, our emphasis on providing first-rate patient experiences, the generosity of our donors, and our unwavering commitment to caring for the communities we serve. That said, sustainability doesn't happen on its own; it is a result of countless intentional decisions made each day, at every level of our organization.

No matter how proud we are of our legacy – or how much effort we put into sustaining it – the healthcare industry is changing and transforming at an unbelievable pace. As frustrating and unpredictable as that may seem at times, there are really only two options available to us: We can adapt, or we can be left behind. Transforming the way we do our work – who, what, where, when, why, and how – will help ensure Adirondack Health is still here, 110 years from now.

None of this is easy, but it is important and rewarding work.

Thank you for being a part of it.

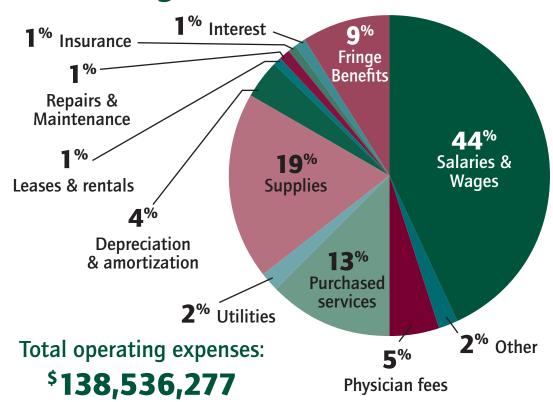
Aaron Kramer
President and Chief Executive Officer, Adirondack Health

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2022 by the numbers ...



*These figures are based on a draft audit conducted by Fust Charles Chambers LLP.



Patient days



194 Babies born



2,267





372,748

Meals served



17,372

COVID-19 tests



75,240

Outpatient visits



69,016

Health & dental visits



3,479

Surgical procedures



Full-time employees



15,314

Emergency visits



New Foundation donors



Upgraded donors



Cornerstone Campaign donors



Donor retention rate

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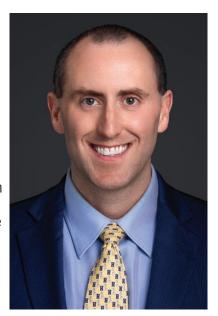
A message from the Foundation Chair

Dear Friends,

As is my annual honor, I have the privilege to again thank you for your generosity over the past year. Your support has benefited our patients and all who care for them in immeasurable ways. Please know this gratitude is shared by stakeholders across Adirondack Health and patients from throughout the region.

Thank you!

Because of your generosity, we are already \$6 million into our Cornerstone Campaign to renovate patient rooms and two patient care floors, as well as relocate our renal dialysis unit to a larger, more accessible ground-floor location. I would like to offer a special thank you to Foundation Board Member Joan Grabe and former NYS Senator Betty Little for serving as co-chairs of this important effort and driving engagement with donors and the community at



large. Equally impressive is the commitment of the Adirondack Health employees and medical staff who have contributed enormously. In total, the Adirondack Health family (including boards, leadership, medical staff, and employees) has donated \$1.7 million to the Cornerstone Campaign.

In 2022, the Merrill Oncology Travel Fund, which was established with proceeds from annual Sk8 to Elimin8 Cancer events, a partnership between the Scott Hamilton CARES Foundation and the Adirondack Health Foundation, assisted ten incomeligible cancer patients who needed assistance with travel expenses related to their care.

Donor support also helped fund \$75,000 of internal "mini-grants" that enhance patient care. Among the projects included were: a Micro-Centrifuge for the Lab, Otoscopes for the Med/Surg floors, a Blanket and Fluid Warmer for the ICU, an EKG machine for the Emergency Department, and a Portable Bladder Scanner shared by Urology and the Emergency Department.

Also in 2022, Adirondack Health received a \$100,000 grant for a digital fetal heart monitor from the Countess Alicia Spalding-Paolozzi Foundation. Matching grants and funding were generously awarded from the Armstrong Foundation, Donald C. McGraw Foundation, JM McDonald Foundation, William Hillman Foundation, Stewart's Shops, the Joan Grabe Family Fund, and the Black Fly Gala Fund-a-Need.

2022 was also an exciting year for the Foundation as we moved our offices to 193 River Street in downtown Saranac Lake. A special thank you to the Town of North Elba for sharing this beautiful historic building with our team.

Please accept a heartfelt thank you to all who invested in our work this past year. Adirondack Health couldn't be here without our community, and we hope you know we are always here for you.

Thanks for everything.

Daniel Kelleher, Chair Adirondack Health Foundation

Thank you to our donors

Beginning with 2021, all unrestricted gifts to the Annual Fund and gifts and pledges to the Cornerstone Campaign support the Cornerstone Project and are acknowledged below:



Mount Marcy

\$1 million or more

Joan and Bill Grabe



Algonquin Peak

\$750,000 to \$999,999

Cloudsplitter Foundation



Mount Haystack

\$500,000 to \$749,999

Barrie A. and Deedee Wigmore Foundation



Mount Skylight

\$250,000 to \$499,999

Tina and Kevin Fountain



Whiteface Mountain

\$100,000 to \$249,999

Philip and Kathleen Forlenza
Susan and Woodrow Gandy
Stefanie and Winifried Holderied
Maggie Ho, DO
and Kevin E. Klebba, DDS, MD
Dan and Krystyna Houser
Lussi Family
Robert Merrill
Staritch Foundation

Connie and Craig Weatherup



Dix Mountain

\$50,000 to \$99,999

Armstrong Foundation

In loving memory of Karen A. Donnelly -H. Peter and Martha Donnelly Mr. and Mrs. John E. Huwiler The Estate of Harry A. Jacobs Jr. The Stoltz Family



Gray Peak

\$25,000 to \$49,999

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Amy and Aaron Kramer

Catherine and W. Scott McGraw

Nina Merrill

Meredith M. Prime

Randall and Sibyl Quayle

Timothy and Deborah Reilly

Nancy Simpkins



Iroquois Peak

\$10,000 to \$24,999

Adirondack Foundation - Adele and Tom Connors Fund

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Jill and Robert Beier

Michael and Ellen Bettmann

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The Cornerstone Campaign Investing in the heart of patient care

Giving to the Cornerstone Campaign is essential because ...



"Adirondack Health provides great nursing care, and we need the facilities to match the level of care we provide. I want our patients to be comfortable and I want the people who provide care to have an easier time doing so. The patient rooms will be newer, more modern, and easier to clean. We want our patients to have good experiences with the best possible outcomes."

Joan & Bill Grabe, Saranac Lake

For more information and to learn how you can help, visit **ahfcornerstone.org**

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Registered nurse Kerry Harwood, EVS tech Trevor Preston, and certified nursing assistant Gertrude Kentile



Iroquois Peak

\$10,000 to \$24,999

Rivkin Radler
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Mr. Albert Wheeler
The Zisson Foundation



Basin Mountain

\$7.500 to \$9.999

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Gothics

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Mount Colden

\$2,500 to \$4,999

Adirondack Foundation

- Jenkins Fund

Foundation

Ted Ughetta

- Mirror Lake Inn Charitable Fund
- Rocky Bog Fund
- Trevor Fund for Adirondack Medical Center

John S. and Linda J. Banta Debra Barber



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Lorie and Gregory Harden
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Uniform Professionals

UVM Health Network - CVPH Medical Center

Mr. and Mrs. William Zisson



Noelle Wood, RN



Giant Mountain

\$1,000 to \$2,499

Adirondack Bank

Adirondack Foundation

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- ACK Lussi Fund
- ACK Lussi Fund
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Priscilla Goss

Mrs. Laura Hanford

Jeremiah and Eileen Hayes

June and Paul Hetznecker

Mr. and Mrs. Norman Howard

\$100,000 for new digital fetal heart monitors

The Countess Alicia Spaulding Paolozzi Foundation generously provided a \$100,000 matching grant to help cover the cost of a state-of-theart digital fetal heart monitoring system for the Stafford New Life Center at Adirondack Medical Center. This new system, which replaces the current paper system, will help detect any fetal heart rate distress earlier, as well as increase patient comfort significantly.

Moms will now be free to move around the room, and our excellent

delivery teams can check on the baby from a central monitoring location. Plus, the mobile technology will enable doctors to keep an eye on progress even while seeing other patients.

"Countess Paolozzi cared deeply about the Adirondacks from her time summering at Birch Island on Upper St. Regis Lake," said Nigel Redden, president of the Spaulding Paolozzi Foundation. "When our trustees visited Adirondack Health, we were all very impressed with the facility, the enthusiasm of the staff, and the organization's commitment to first-rate healthcare. Making this grant seemed like a wonderful way for our foundation to continue Countess Paolozzi's philanthropic efforts to support the women of the Adirondacks."

Following the initial grant challenge by the Spaulding Paolozzi Foundation, the Adirondack Health Foundation has



now received matching project grants from the Donald C. McGraw Foundation, the JM McDonald Foundation, the Armstrong Foundation, the William Hillman Foundation, Stewart's Shops, the Joan Grabe Family Fund and nearly \$25,000 raised during the Fund-a-Need portion of the 2022 Virtual Black Fly Gala.

Due to the steady growth of the Women's Health program at Adiron-dack Medical Center, the number of babies delivered here has grown to nearly 200 per year. Our rural popu-

lation has unique challenges, such as higher-than-state-average occurrences of hypertension, obesity, diabetes, and opioid abuse -- all of which increase the risk of complications during delivery. In addition, we are more than two hours away from a neo-natal intensive care unit, which makes it critically important to catch fetal heart rate distress early. This project will have lifelong benefits for mothers in the Adirondack Park.

"Thank you to the Spaulding Paolozzi Foundation and every other organization and individual who helped fund this critical project," said Emily Moulton, annual giving coordinator at the Adirondack Health Foundation. "With the support of our community, this new system will help to ensure safe delivery of our tiniest, most vulnerable patients for years to come."

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Giant Mountain

\$1,000 to \$2,499

Mr. and Mrs. Matthew Hudson Carol Jackman Allison and Christopher Jacob

Richard Jarvis and Barbara Rottier

Tom and Sandy Jorling

Howard and Suzanne Kern

Philip Knapp

Greyson and Eric Kuhn

Mr. and Mrs. W. Jay Laird

Lake Placid Sports Medicine

Rebecca Leahy

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Anonymous

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Mr. and Mrs. John Reynolds, Jr.



Erik Covey and Chris Euber, Plant Operations



The Cornerstone Campaign

Investing in the heart of patient care

Giving to the Cornerstone Campaign is essential because ...



"Adirondack Health has served our family for over 100 years. We are very fortunate to live in a community which supports a facility that provides outstanding care serving the medical needs of the North Country's residents and visitors. By upgrading our facilities, we will proactively develop our cutting-edge patient care programs and we will attract the highly trained professionals to our community needed to sustain this growth."

H. Peter & Martha Donnelly, Saranac Lake For more information and to learn how you can help, visit **ahfcornerstone.org**

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Women's Civic Chamber



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The Cornerstone Campaign

Investing in the heart of patient care

Giving to the Cornerstone Campaign is essential because ...



"We recognize the importance of having a quality healthcare institution providing and serving the needs of our Adirondack communities. As we all know, at one time or another all roads for everyone lead to the hospital for health care. We value having an independent medical care facility providing excellent care with a personal touch to our family. Providing modern patient rooms with the space and privacy that we value is an important piece of the hospital facility."

Sibyl and Randy Quayle, Lake Placid

For more information and to learn how you can help, visit ahfcornerstone.org

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Excellence in rural healthcare ...

Adirondack Health was recognized in November with 2022 Performance Leadership Awards for excellence in quality and patient perspective. Compiled by The Chartis Center for Rural Health, the Performance Leadership Awards honor top quartile performance (e.g., 75th percentile or above) among rural hospitals.

"The nearly 1,000 employees and clinicians at Adirondack Health take personal pride in the quality care and patient experience we provide day in and day out," said Aaron Kramer, Adirondack Health president and CEO. "We appreciate The Chartis Center's recognition of our efforts and the indispensable role Adirondack Health plays in meeting the healthcare needs of the North Country."

The Performance Leadership Awards are based on the results of the Chartis Rural Hospital Performance INDEX™,

the industry's most comprehensive and objective assessment of rural hospital performance. INDEX data is trusted and relied upon by rural hospitals, health systems with rural footprints, hospital associations, and state offices of rural health across the country to measure and monitor performance across several areas impacting hospital operations and finance.

"Although the last two years have placed unprecedented pressure on the rural health safety net, the dedication to serving the community that we're so accustomed to seeing from rural hospitals across the country hasn't wavered," said Michael Topchik, national leader, The Chartis Center for Rural Health. "Let us celebrate the power of rural ... and honor the facilities working tirelessly to provide access to high quality healthcare services to their communities."



Chief Financial Officer Robert Laba

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\$100 to \$249

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Douglas Luke

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Giving to the Cornerstone Campaign is essential because ...



"Adirondack Health is the only full-service hospital located in the Adirondack Park. As access to quality healthcare becomes more challenging, we realize even more the importance of Adirondack Health to the local community. We are glad to support this campaign."

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For more information and to learn how you can help,

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Giving to the Cornerstone Campaign is essential because ...



"Patients and caregivers deserve an inpatient facility that meets the quality of care provided by Adirondack Health. Adirondack Health is one of only two New York hospitals that earn 5-star patient satisfaction ratings, and modern rooms will enable nurses, doctors, and the rest of the team to continue to provide exceptional service while enhancing the inpatient experience. We're so grateful for the care we have personally received from Adirondack Health and couldn't imagine not doing our part."

Dan & Kaila Kelleher, Lake Placid

For more information and to learn how you can help, visit **ahfcornerstone.org**

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The Redfield Legacy Society

The Redfield Legacy Society honors those who have given or have plans in place to make a gift to the Adirondack Health Foundation through a bequest, trust, or estate gift. It's named after Alexander Redfield, a lifelong summer resident of Lake Placid, who left a generous bequest to Adirondack Health when he died in 1980. Gifts of all sizes are appreciated and give donors the opportunity to support quality healthcare for the region in perpetuity. Earnings from the Redfield Legacy Society endowment fund allow Adirondack Health to invest more than \$600,000 annually in capital projects and capital equipment to enhance patient care.

Marie and George McBride



Redfield Legacy Society Members

Marie and George McBride now spend most of the year in Thailand due to the healing qualities of the wonderful climate, but they look forward to enjoying summer in Lake Placid. Prior to moving to Thailand, Marie worked for Adirondack Health in the Laboratory Department for 30 years. She believes Adirondack Health employees provide care of the highest quality -- from the physicians and patient-care staff to the environmental services team. Marie and George so value the care of local physicians, they make sure to see them when they are here.

The McBrides have their will in place and have made plans to donate their entire estate to charities. They've given a substantial percentage to Adirondack Health because they believe in building on the legacy of the stellar medical care in the Adirondacks while providing for current and future generations.

Marie states, "Adirondack Health is essential to the region -- both for highest quality healthcare and as a major part of the regional economy."

They feel good knowing their wishes will be honored and organizations they value will benefit from their legacy of generosity, even after they are gone.

The Redfield Legacy Society

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If you'd like to make a lasting impact on healthcare for the Adirondacks, consider including the Adirondack Health Foundation in your will. Please consult with your lawyer or financial advisor. This is sample wording for a bequest: "I hereby give the sum of \$____ to the Adirondack Medical Center Foundation d.b.a. Adirondack Health Foundation, PO Box 120, Saranac Lake, NY 12983. EIN: 16-1528554." To learn more about the Redfield Legacy Society or to discuss your interest in a legacy gift, please call 518-897-2348.



Contributions were received from the following matching gift programs:

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An attractive option for those who must take a Required Minimum Distribution from their IRA is to transfer it directly to Adirondack Health and avoid classification as taxable income. To be eligible to make a gift, you must be at least 70 ½ years old. The Adirondack Health Foundation is defined as a supporting organization by the IRS, so the QCD must be made directly to Adirondack Medical Center d.b.a. Adirondack Health (EIN 14-1731786). While this type of donation is not tax deductible, it counts toward your Required Minimum Distribution, and the amount of your contribution will be excluded from your taxable income. Please contact the Adirondack Health Foundation office at 518-897-2348 before making a QCD for instructions to give your investment advisor. Your belief in the importance of healthcare for the Adirondacks will touch the lives of families, friends, and neighbors. Thank you!



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We were overwhelmed by the outpouring of community support in the form of in-kind gifts. We are deeply grateful to the generous hearts and hands who supported us. We hope we've captured everyone's name in order to thank them and honor their contributions. If we missed you, we apologize and hope you will let us know so we can correct our records. Please call the Adirondack Health Foundation at 518-897-2597.

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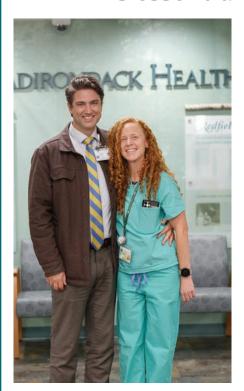
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Giving to the Cornerstone Campaign is essential because ...



"We are so proud to be part of the caring and compassion that is present at Adirondack Health. We are dedicated to ensuring the incredible services here can continue into the future, at a level we will continue to be proud of. We often think of giving in terms of money and one's ability to give a certain amount. However the act of giving means so much more. It means time, attention, compassion, and a multitude of other things. Giving to the Cornerstone campaign is essential not only for the financial gift, but for what it means for our community. It is our way of ensuring we are connected as we can be by providing quality services to our families and the community we love well into the future."

Kristin and Luke Meissner.

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Learn more at ahfcornerstone.org

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"The people of the North Country have always had an independent, helping nature. From our days of providing care to tuberculosis patients until today, we have been leaders in providing excellent, independent care to the region. We are glad to support this campaign in hopes that Adirondack Health will be able to continue this legacy of care for our families and their families."

Mark and Janet Simkins & Kenzie and Bodhi Marine, Saranac Lake

Learn more at ahfcornerstone.org

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Mercy Living Center employees: Environmental services tech Adam Arnold, Warde unit secretary Tina Shaheen, and RN Cyd Giacovelli

AH earns Pathway redesignation

AMERICAN NURSES

CREDENTIALING CENTER

In 2022, Adirondack Health earned its second four-year Pathway to Excellence® designation, which recognizes healthcare organizations that demonstrate a commitment to providing healthy workplaces for their staff.

| Designation | Designation

Earning this designation requires years of hard work to prove that your organization meets the high standards of the American Nurses Credentialing Center.

Chief nursing officer Dave Mader said that to obtain this accreditation, Adirondack Health had to evaluate and submit 53 elements of performance – with direct input from frontline nurses.

"They [ANCC] continue to add elements that they think a healthy workplace environment should focus on to attract employees," Mader said. "Predominantly for nursing – but we've expanded it beyond nursing and patient care."

New projects for 2022 included the addition of diversity, equity, and inclusion presentations, horizontal violence discussions, and several workplace wellness initiatives through the employee wellness council.

Shared governance – involving and encouraging our employees to participate in decision-making processes – is one of the driving forces behind Pathway. Mader said Adirondack Health's six shared governance councils ensure frontline employees are helping to create positive change throughout the organization.

When shared governance was implemented in 2013 during our first Pathway application process, there were five councils – mostly made up of nurses. Currently, Adirondack Health is up to six councils, consisting of employees from across our many departments. Mader said, statistically, most shared governance structures fall apart after a few years, but Adirondack Health's continues to flourish – even during the challenges of COVID-19.

"Not only did they survive the pandemic, but they expanded," he said.

The COVID-19 pandemic dominated our 2022 Pathway application, with many projects focusing on our interdisciplinary collaboration and flexibility. For example, with our operating rooms temporarily shut down, nurses from the OR, ambulatory surgery, and medical/surgical units floated to Mercy Living Center and other areas – like the COVID testing and immunization clinics and health screening stations -- which needed help.

"The logistics of creating a COVID clinic overnight, having to stop visitation at the hospital, as well as the nursing home overnight, were all huge undertakings," he said. "Our teams, largely under the leadership of Carrie Reardon, AVP of Patient Care Services, kept everything going despite all the add-

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ed pressures of the pandemic. On Christmas Eve, we were vaccinating people. Even though we were one of the last in the state to receive the

vaccine, in January, we were fourth in the state for administering it the fastest, because we worked all through the holidays."

One of the last major components of each application process is a nursing-wide survey. Accessibility topped the survey results, with an impressive 97 percent of Adirondack Health nurses saying CNO Dave Mader and nurse managers are open and available to them. Over 90 percent of nurses said Adirondack Health promotes:

A culture of person- and family-centered care

- A culture of interprofessional decision making
- A culture of professional development
- A culture of staff recognition
- Direct care nurses' influence in decision making
- Work schedules that promote the nurses' wellbeing
- Well-being of staff who experience an adverse workrelated situation

These were just a few of the highest ratings among Adirondack Health nurses.

Mader said he is incredibly proud of the entire team that made this redesignation possible. Champions include Lisa Keegan (who led the project for years) and Joletta Yates (who took over for Lisa in 2022). Keegan was also recently named a Pathway commissioner, which is an incredible professional accomplishment.

"This is an over and above designation that makes a huge statement – this is a great place to work," Mader said. "When we were awarded this designation in 2018, we were only the second hospital in the state to earn it."



Adirondack Health Foundation P.O. Box 120 Saranac Lake, NY 12983

Dr. Corliss recognized as Rural Health Champion



In November, the Adirondack Rural Health Network honored Dr. Amy Corliss as a 2022 Rural Health Champion. This award recognizes individuals who deliver outstanding care and make lasting contributions to rural healthcare.

Dr. Corliss is the medical director of Adirondack Health's hospitalist program and has been at Adirondack Health since 2020. In her time here, she has led the hospitalist program through many changes, working to build the hospitalist team and helping develop a critical care telemedicine program. In addition, she has worked diligently to educate students and staff and strengthen relationships throughout the organization.

In recommending Dr. Corliss for this honor, Medical Services Chief Dr. Anthony Tramontano said, "[Dr. Corliss] is deeply committed to making the hospitalist service and Adirondack Health in general a better place to work through her leadership skills and by always challenging her colleagues to be better. She demonstrates tireless dedication to our patients and has served as a mentor to our new hospitalist providers and visiting students."

Dr. Corliss is originally from Massachusetts. She and her husband Todd live in Saranac Lake and have four children. In their spare time, they enjoy the outdoors, including hiking and swimming. In addition, Dr. Corliss and her husband are also avid runners, having competed in the Lake Placid Marathon several times.

To learn more about the Adirondack Rural Health Network, visit ahihealth.org/arhn.