

THE INSIDER

Special Updates for Supporters and Partners



Wiawaka's 2022 Mary Fuller Award Winner



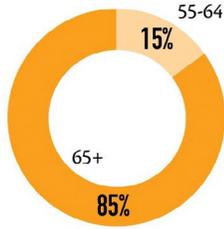
The Wiawaka Center for Women on Lake George has announced Colleen Quinn, M.D., chief of medical education and wellness, as the winner of the 2022 Mary Fuller Women Helping Women Award. This award celebrates individuals who make a positive impact on the lives of women throughout our communities. Read about Dr. Quinn's achievements in this [article](#).

Program of All-Inclusive Care for the Elderly (PACE)

PACE SERVES OUR SENIORS

95% Live in the community

77
Average age



69% WOMEN
MEN 31%

NEED HELP WITH ACTIVITIES OF DAILY LIVING



Dressing



Bathing



Transferring



Toileting



Eating



Walking

1-2: 26%

3-4: 24%

5-6: 33%

Average number of ADLs with which participants need assistance

PACE at Hudson Headwaters, a nursing home alternative for eligible community members, is scheduled to launch in 2023. Check out this [infographic](#) to learn more about this innovative model of care.

Breastfeeding Friendly



New York State has designated Tupper Lake Family Health, Saranac Lake Family Health and Pediatric and Adolescent Health as Breastfeeding Friendly Practices. Currently, 10 of our health centers have this designation. Learn more about what this means in this [article](#) from The Peru Gazette.

Provider Spotlight: Patricia Stevenson, PA-C



[Patricia Stevenson, PA-C](#) is a graduate of Northeastern University and Albany Medical College. She sees patients at West Mountain Family Health and at Health Center on Broad Street Urgent Care.

Tricia is an active member of her community and recently helped lead a fundraiser benefitting a family and their three-year-old son who is battling a rare form of cancer. Learn more about the effort in this [article](#) featured in The Daily Gazette.

To make an appointment with Tricia, call West Mountain Family Health at 518-824-8610.

Community Health Partnerships



Hudson Headwaters was recently featured in Comfort Food Community's newsletter, The Digest. Comfort Food Community is a founding partner of the Network's Fresh Food Farmacy, a clinically-based food as medicine program. Participants receive fresh produce, nutritional counseling, culinary education and care management services. Read more about the program and partnership in the [newsletter](#).

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