

# HUDSON HEADWATERS HUDDLE

June 2023

## Network News

### Hudson Headwaters Adding Pediatrics Location in Plattsburgh

Hudson Headwaters is adding a second Plattsburgh location to focus on pediatrics. The health center is located near Plattsburgh Family Health and is expected to open by year-end. More information is available in a press release on the [Hubb](#). Melissa Goolley, regional practice leader, was also interviewed by a Fox44 reporter, and is featured on MyChamplainValley.com.



The new Pediatrics building in Plattsburgh

[Read the Memo](#)

[Watch the Interview](#)

### Patient Centered Medical Home Recognition



Left to right: Abby Mawka, performance improvement coordinator, Bailey Hill, performance improvement coordinator and Erin Dunn, senior performance improvement leader, with the PCMH recognition.

Did you know that by being Patient Centered Medical Home (PCMH) recognized, we get additional reimbursement from insurance companies? Our recognition regenerates approximately \$2.3M in revenue for the network annually. Our small but mighty Performance Improvement Team, led by Erin Dunn, senior performance improvement leader, supports these efforts and provides all necessary documentation to the National Committee for Quality Assurance. The required elements of the program also lay the foundation for more robust value-based care agreements that further promote population health. Congratulations to Erin and the team for achieving renewed recognition at all our locations!

The Performance Improvement Team has also had some recent changes. Kim Sipowicz has moved into the role of Wellness Coordinator under the Food as Medicine Program.

Jen Morehouse and Kelley Reilly have joined the Performance Improvement Team working under Erin Dunn, while continuing to support the program and data needs across the Population Health department.

### Nursing Excellence Awards

On June 1, Michelle Hayward, MSN, RN, and Nicole Gordon, BSN, RN, received nursing excellence awards from the Northeast New York Professional Nursing Organization.

Michelle Hayward received the Helen Vartigian Mentoring Award, recognizing her vision and commitment to professional development within nursing.

Nicole Gordon received the Nurse Leader Award for her leadership in transitioning to team-based care at Moreau Family Health and developing safe and effective COVID-19 testing processes and vaccination clinics.

Congratulations, Michelle and Nicole!



Michelle Hayward, MSN, RN (left) and Nicole Gordon, BSN, RN (right)

### Hudson Headwaters Chosen for Hannaford's Community Bag Program



We're excited to share that Hudson Headwaters has been selected as a beneficiary of Hannaford's Community Bag program. We'll receive \$1 from every \$2.50 reusable Community Bag sold during the month of June at the Hannaford store on Quaker Road in Queensbury. The June bag's colorful design will brighten up picnics, beach days, farmers' market trips and errands. Get yours starting now!

## Staff Benefits

### Financial Wellness Education Available



Are you ready for retirement? This month, Lincoln Financial Group, our retirement plan partner, is focusing on helping investors who are retiring in the next five years. In this month's video, [It's Time to Get Real](#), you'll learn how to transition from saving to spending, set retirement goals, manage priorities, identify additional sources of retirement income and maximize current savings.

[Watch the Video](#)

### New Discounts for Staff



In case you missed it, Hudson Headwaters is partnering with local organizations like SPAC, The Hyde Museum, Adirondack Theater Festival and more to offer discounts to staff. All details are available on the [Hubb](#).

### Glens Falls Dragons Tickets Available



The Glens Falls Dragons have offered free tickets to all Hudson Headwaters employees and their families. Download and print the tickets from the PDF below to enjoy.

[Glens Falls Dragons Tickets](#)

## Department News

### Development: Innovation Grant Applications Open



2023 Innovation Grant Pediatric Mental Health Bundle

Hudson Headwaters staff may apply to the Innovation Grant Program for seed money to pilot new projects and ideas that improve patient care, further sustainable operations or result in other positive impacts for the Network and our patients. **The next Innovation Grant deadline is Thursday, July 20, 2023.**

Check out our [Innovation Grant web page](#) listing our applications funded since 2017. Please contact [Jackie Villano](#), director of development, if you have any questions.

### Human Resources: Don't Miss Out on These Benefits

Hudson Headwaters' employees are eligible for multiple benefits through CDPHP. The Ovia Health app is a family health benefits program helping women and their families with personalized data-driven solutions. CDPHP also offers reimbursement for participation in weight management programs like Weight Watchers or working with a registered dietitian. More information on these benefits are available at the links to the right.

[Ovia Health](#)

[CDPHP Weight Management Reimbursement](#)

## Huddle Health

### Sprouts!

Sprouts are the germinated seed of a vegetable. Different sources of sprouts have various vitamins and minerals, fiber and are full of antioxidants. According to the American Heart Association, "Five- to seven-day-old seed sprouts can offer more nutrition benefits than mature plants."

Fresh sprouts are typically sold in the produce section, although canned can sometimes be available. It is important to be aware that sprouts have a short shelf life. Check the sell-by date, sniff for any off-putting smell or discard if they are slimy. Keep them in the ventilated container they were sold in for three days. It's important once you bring them home to wash them thoroughly.



- The bean and pea sprouts we are more familiar with are mung bean, kidney bean, black bean, lentil and snow pea sprouts
- There are nuts and seed sprouts (pumpkin, sunflower and sesame)
- There are vegetable sprouts (broccoli, alfalfa, mustard greens) and whole grain sprouts (wheatgrass and quinoa)

[Fried Egg with Avocado and Sprouts](#)

[Marinated Tofu with Peanuts and Bean Sprouts](#)

### Discover More Calm Features with Self-Care Bingo

Mental Health Month might be over, but there is still plenty to explore in the Calm app. Focus on your self-care this month with this bingo card and see how many activities you can complete by the end of the month.

[Access the Calm App](#)

### Hudson Headwaters Art Collection



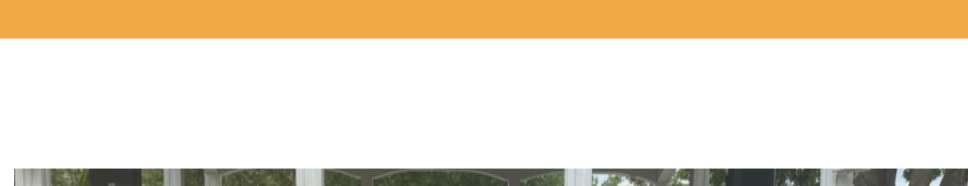
Stephanie, West Mountain Family Health

Last month we announced the launch of the Hudson Headwaters online art collection featuring more than 400 pieces of fine art from 117 regional artists, the majority of which were donated to the Network. Share your favorite piece with us and let us know how it impacts your work or patients' environment.

## Diversity, Equity and Inclusion (DEI) at Hudson Headwaters

### Celebrating Pride Month

On June 4, Hudson Headwaters sponsored Glens Falls Pride. Members of Hudson Headwaters' CARES (Culturally Appropriate Resources and Education Services) Task Force participated, and the Ryan White Program shared information and resources.



Hudson Headwaters board members and staff at Glens Falls Pride

At all times of the year, employees have free access to the Calm app. In honor of Pride Month, Calm offers its new [Belonging and Acceptance](#) collection, which features curated tools and resources to support LGBTQ+ employees and their dependents to reduce stress and anxiety.

### DEI Report Reminder



The Network also recently shared its DEI audit results, posted on the [Hubb](#). We encourage you to take a look, and, most importantly, familiarize yourself with the next steps and actions underway. Visit the link below to express interest in participating in DEI efforts or to offer ideas.

[DEI Feedback Survey](#)

## Trivia Challenge

Our May trivia question: Which of our colleagues specializes in Transgender Medicine? [Click here](#) to submit your answer.



Those with the correct answer will be entered in a raffle to receive a Hudson Headwaters company store prize. Please make sure you follow us on [Instagram](#) and [Facebook](#) for more chances to win other goodies!

[Trivia Submission](#)

Congratulations to the March and April trivia raffle winners, Kristen Legault and Glen Anderson, Kristen and Glen each won a gift card to the Hudson Headwaters company store.

May's trivia question: Which of our providers is also a doctor of veterinary medicine?

Answer: Dr. Jeremy Di Bari

## Staff Recognition

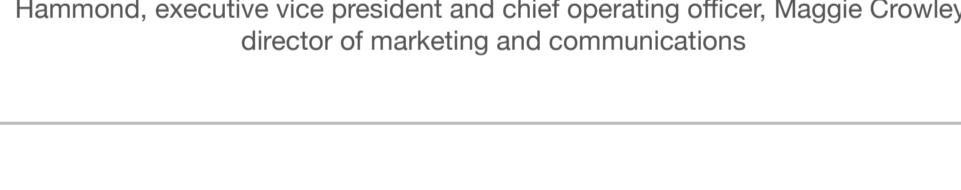
### Hudson Headwaters Nurses Celebrated by the Post Star



From left to right: Marc Hasselbacher, regional practice leader, Margaret Poole, vice president of nursing, Alyssa Schmidt, nurse, Austin Schmidt, patient, Hammond, executive vice president and chief operating officer, Maggie Crowley, director of marketing and communications

On May 3, we attended "The Post Star's Nurses: The Heart of Health Care" event at SUNY Adirondack, celebrating 10 local nurses who were nominated by their peers and then selected by a panel of judges. Congratulations to Alyssa Schmidt of Chester-Horicon Family Health Center and Billie Acevedo of West Mountain Family Health, and thank you for your dedication to keeping our communities healthy!

### Sign Up for Glens Falls Hospital's Aloha 5K



Hudson Headwaters is proud to sponsor Glens Falls Hospital's Aloha 5K and 1 Mile Fun Walk, held at 9 a.m. on Saturday, June 17, at Haviland's Cove Park in Glens Falls. The Network will be providing complimentary registrations for this event to the first 10 people to email [communications@hhnh.org](#).

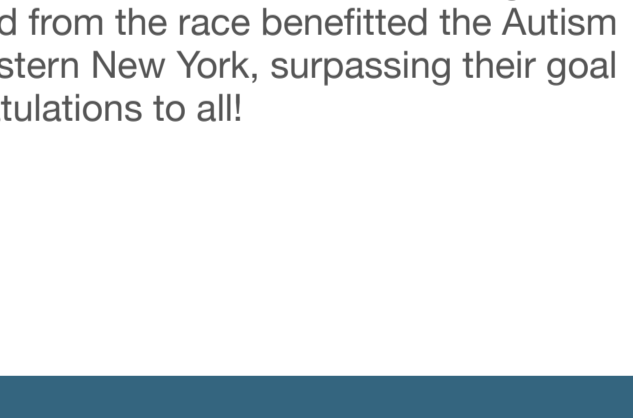
[Register](#)

### Autism Alliance 5K



Thank you to all the staff and their families that participated in the Autism Alliance 5K in Plattsburgh on May 6. Funds raised from the race benefitted the Autism Alliance of Northeastern New York, surpassing their goal of \$50,000. Congratulations to all!

## Provider Spotlight: Brian Guadagno, M.D.



Brian Guadagno, M.D., is a graduate of University of Albany and Albany Medical College. He specializes in pediatrics and internal medicine. Brian sees patients at Health Center on Broad Street Urgent Care, Warrensburg Health Center Urgent Care, Chester-Horicon Health Center and West Mountain Family Health.

[Learn About Brian](#)

## New Arrivals

Welcomes to Hudson Headwaters!

- Cate Bergey (Medical Assistant, HCBS)
- Sarah Barga (Pathologic Technologist 1, HCBS)
- Mariah Beaudette (Patient Services Assistant, CH)
- Edward Bernham (Patient Services Assistant, WMFH)
- Patricia Cantarero (RN, WHC)
- Shelley Cornell (RN, WMFH)
- Janelle Craig (RN, PPH)
- Teri DeCrescenzo-Abu (Radiologic Technologist 1, WHC)
- Sofocles Farris (RN - Urgent Care, HCBS)
- Mercedes Johnson (Patient Services Assistant, CH)
- Kimberly Johnson (Legal Affairs Manager, CH)
- Emily Lavery (Patient Services Assistant, WMFH)
- Tanya Mack (Patient Services Assistant, WMFH)
- Kelle Martin (WMFH)
- Jenna McKenzie (RN - Urgent Care, WHC)
- Janet Olson (RN, WHC)
- Martha Pasquin, PhD (PPH)
- Jerry Potter (Operational Data Analyst, GPA)
- Mary Primm (Patient Support Services/AR, Westmount, GPA)
- Nicholas Robertson, Ph.D. (HCBS)
- Brett Ross (Patient Services Leader, WMFH)
- Haylee Shuler (Patient Services Assistant, WMSC)
- Elizabeth Willette (Coding Specialist, GPA)

## Promotions

Congratulations on your new role!

- Kim Conroy ( talent Acquisition Leader, GPA)
- Mary Fench (Case Development Leader, GPA)
- Katelyn Keys (Director of SOB Compliance, GPA)
- Nicole Peterson (Human Resources Leader, GPA)
- Tom Swalin (Director, Risk Management, GPA)
- Cristie Whitlock-Thompson (Senior Human Resources Administrator, GPA)
- Suzanne Bearn, M.D. (Quality, Accreditation, WHC)
- Mary Souther (Quality Accreditation, Sustainability, WHC)
- Maranda Bushey (Quality Accreditation, Creativity, Sustainability, PPH)
- Bailey Hall (Quality Accreditation, 333 Glen)
- Lori Ireland (Accreditation, HCBS/PAH)
- Elisen Lavoie (Accreditation, Creativity, Sustainability, MPH/FKJK)
- Patryk Klobudzki (GPA)
- Karin McKeever (Quality Accreditation, Sustainability, WHC)
- Katrina Terrey (Quality, GPA)

[View the Core Influencers](#)

## Anniversary Celebrations

Thank you for your service!

**20 Years**  
Rose Ormsbee (Patient Services Assistant, HHWN)  
Janelle Quimbo (LPN, CHHC)

**15 Years**  
Julius Antonio-Solis (Medical Assistant, SLHC)

**10 Years**  
Kim Miller (Director, Application Support, GPA)  
Kim Thrift (Patient Support Services, GPA)

**5 Years**  
Erin Morehouse (LPN, CHHC)  
Stephanie Rosen (Senior Support Specialist, HHWN)  
Megan Sartore (Patient Services Assistant, HHWN)  
Dai Valentin (Dermatology Representative, GPA)

## Retirements

Congratulations on your retirement!

Juliana Woodward (Wellness Coordinator, 11 years)

## Core Influencers

Thank you for your hard work!

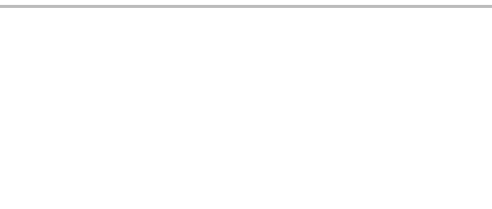
Suzanne Bearn, M.D. (Quality, Accreditation, WHC)



## Quick Access



Remember to use your Hudson Headwaters email at checkout to receive your special employee pricing.



Join the conversation! Follow us on social media.

Do you have a photo of staff you would like to share? Please text it to us at 518-321-6727.