

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.

Please call your local office to see if your appointment reason qualifies for a Telehealth (phone visit) or Doximity (video visit) appointment.

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.

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.

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

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.

Clinical pharmacy services are available by referral from your primary care provider. Our pharmacists specialize in chronic care management — specifically diabetes, heart failure, anticoagulation monitoring, and medication management.

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

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.

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.

*Please call your local healthcare provider to ask about any of these available services.
For other resources and educational tools, please visit our website at [adirondackhealth.org/support](https://www.adirondackhealth.org/support)
or request educational literature from your local healthcare provider.*

Providers, locations, and hours of operation

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. Darci Beiras — pediatrics
- Dr. Sarah Mader — internal medicine
- Dr. Michele Mannion — internal medicine
- Dona Kilgore — family physician assistant
- Jennifer Phelabaum — family nurse practitioner
- Devon McCabe — family nurse practitioner
- Matthew Farnsworth - family physician assistant

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
- Elisabeth Cottom - pharmacist
- Alissa Harse - pharmacist

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
- Haley Del Duca — family nurse practitioner
- Elisabeth Cottom — pharmacist
- Alissa Harse — pharmacist

Mountain Health Center

2841 NY-73

Keene, NY

518-576-9771

8 a.m. to 4 p.m. Monday to Friday

- Matthew Farnsworth — family physician assistant
- Devon McCabe — 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

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

For administration, please call any of the Health Center numbers listed here and ask to speak to the Health Center Director.