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HAMPTONS, HEALTH

## Julia McCormack: Beacon of Wellness At Southampton Hospital Foundation

The Foundation's new president brings a new wave of expertise to support the expansion of medical care on the South Fork.



Julia McCormack introduces a Summer of Wellness series, and much more.  
Photo: Conor Harrigan

By Cristina Cuomo

**CRISTINA CUOMO:** You joined the Southampton Hospital Foundation early this year as president. Tell us a little about your background.

**JULIA McCORMACK:** I grew up spending summers in Southampton, and now am fortunate to live here year-round. My father was a physician, so I have always had the highest regard for health care. My career has focused on the intersection of advancing medical research, education and community life. I have held director positions for both the Leading Gifts and Major Gifts teams at New York's Memorial Sloan-Kettering Cancer Center as well as at the Conquer Cancer Foundation (formerly known as The ASCO Foundation) in Alexandria, Virginia.

**CC:** You also worked at Miss Porter's School in Farmington, Connecticut. What did you find most inspiring about working with a gaggle of young women, and nurturing their incredible abilities?

**JM:** Women give from their hearts. Much of a young person's interest—in terms of philanthropy—is developed during their adolescence. It's coming from the classroom, and from their own experience of the world. Also, I know that girls do better when they're in the classroom and on the playing field with other girls. I've seen that over and over, how it manifested in their adult lives. It's fascinating to me how many people who live on the East End also went to Miss Porter's, and also how committed and active they are in their lives.

**CC:** It seems like you're tapping into the hearts of the women in this community by appealing to the things that matter to them: self-care and education.

**JM:** Absolutely. We have a series called the Summer of Wellness. On June 22, out at the Wine Stand at Wölffer Estate, Isaac Boots, who has a program called Torch'd by Isaac Boots, leads a fitness experience. Then there's yoga at Mecox Bay Dairy on June 29. On July 13, at the new Racquet Lounge at Southampton, we'll be hosting a tennis clinic. Our final activity of the series, on August 10, is called DanceBody, at the DanceBody studio in Bridgehampton. We're hosting our Fourth Annual East Hampton Emergency Department Luncheon at the Maidstone on July 11. Our guest speaker this year is Bobbi Brown. Our 66th Annual Summer Party is on Saturday, August 3.

**CC:** Can you give us an update on the Stony Brook Medicine East Hampton Off-Campus Emergency Department?

**JM:** Yes! The construction is on schedule to be completed in the fall and the ED is expected to open in late spring.

**CC:** What sort of modalities will be provided in this new Emergency Department?

**JM:** The facility will have a dedicated resuscitation room; cardiac monitoring capability in every exam room; fast-track treatment rooms for general, pediatric, obstetrics/gynecology and ophthalmology patients; two isolation rooms; MRI, CT and X-ray rooms; an on-site ambulance for hospital transport; and rooftop solar panels, a rain-catch garden and native plantings to reduce environmental impact.

**CC:** What do you love most about living in Southampton?

**JM:** Walking with my dogs in the village every morning. I also love taking a long drive out to Montauk early in the morning, because there's nothing more beautiful than seeing the sun come up in Montauk.

For more information about upcoming events or to purchase tickets, visit [southampton.stonybrookmedicine.edu/news/special-events](https://southampton.stonybrookmedicine.edu/news/special-events). To learn more about supporting the mission of the Southampton Hospital Association, visit [southampton.stonybrookmedicine.edu/giving/foundation-board-of-trustees](https://southampton.stonybrookmedicine.edu/giving/foundation-board-of-trustees)

The Regional Tick-Borne Disease Resource Center Clinic is now open at the Hampton Bays Atrium for all ages, by appointment only at 186 West Montauk Highway, Suite D-5. Residents and visitors can get expert advice and referrals from Rebecca Young, RN, BSN, by calling 631.726.TICK (8425).