

Dear Friends,

Hudson Headwaters is, and always has been, a physician-led organization. While I am proud to be CEO, I am first and foremost a family physician. Amid the day-to-day fires related to running a network of 19 health centers (and growing!), I treasure the time I spend with my patients. I learned the art of balancing executive leadership and direct patient care from the very best, Hudson Headwaters founder Dr. John Rugge, my predecessor and longtime friend.



Dr. Rugge recently announced that he will be stepping back from his clinical practice at the end of October. As a donor and partner, we wanted to share the [letter](#) he sent to patients. Rest assured, this isn't the last we'll be hearing from him. We look forward to collaborating with Dr. Rugge on various regional initiatives and foundation work that benefits the patients and communities we serve.

Many of you often mention your providers when you make contributions or when we call to thank you. It means a great deal to share those kind words with our staff. It is a reminder that the legacy of Hudson Headwaters lives in each of us. I think Dr. Rugge said it best:

"A long time ago, in a canvas-covered canoe, I discovered that the best ride anywhere was to be found at the Hudson Headwaters—if you manage to stay upright and dry.

Now, I am deeply grateful that, all together, we are doing just that in the churning currents of health care.

Here's to continuing that ride."

Stay Healthy,

A handwritten signature in black ink that reads 'Tucker'.

Tucker Slingerland, M.D.
CEO, Hudson Headwaters

You are Invited!



Join us online Tuesday, September 8 at 11 a.m., for the Virtual Grand Opening Celebration of our new Ticonderoga Health Center. [Learn more and RSVP here.](#)

Online Scheduling

It's easier than ever to access the care you need. Make your next in-person or telehealth appointment. [online.](#)



Hudson Headwaters in the News



This [news story](#) is an inside look at the new Ticonderoga Health Center, a partnership with The University of Vermont and Elizabethtown Community Hospital.

This [New York magazine article](#) features Hudson Headwaters provider Dr. John Quaresima's personal experience providing primary care and other services during the COVID-19 pandemic.



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