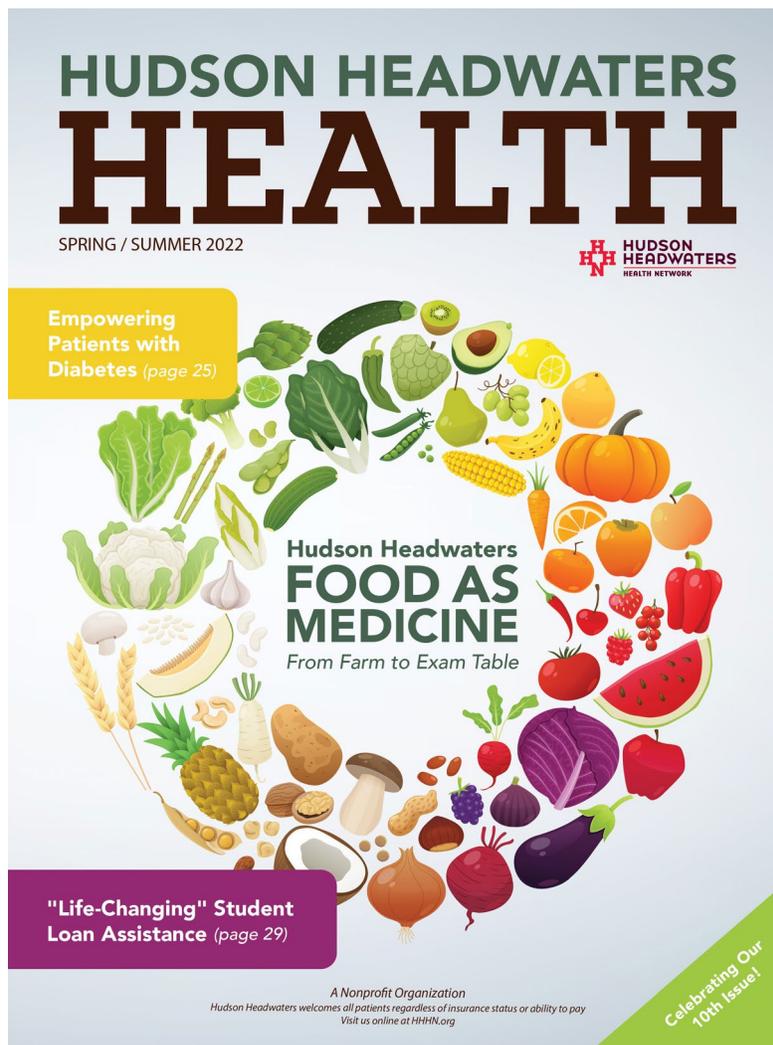


THE INSIDER

Special Updates for Supporters and Partners



The Newest Issue of Hudson Headwaters Health is Here



The newest edition spotlights our new Food as Medicine program, dedicated to promoting nutritious and healthy eating habits to achieve better health. Other features include [the 2022 community report](#), news of our student loan assistance program and much more. The [digital edition](#) is now live and copies will be available in our health centers soon.

Team Care



In response to feedback from staff and patients, Hudson Headwaters has launched team care to create a more personalized experience for patients and a more sustainable approach for staff. This new care model recently debuted at the West Mountain campus in Queensbury and Moreau Family Health. [Read this article](#) to learn more about the benefits and the Network's plan to expand team care to more health center locations.

Executive Profile



Patti Hammond, RN, executive vice president, chief operations officer, joined the Hudson Headwaters leadership team in January 2022. She was recently featured in an issue of the Albany Business Review that highlights outstanding women leaders from organizations across the greater Capital Region. Read the interview [here](#).

Hudson Headwaters: Investing in the Workforce



Sue Corney, executive vice president of human resources, spoke to Her Life magazine about some of the ways that Hudson Headwaters has addressed COVID-19-related workforce challenges and continued to attract and retain talent. Read the article [here](#).

Provider Spotlight: Judy Podziewski, FNP



[Judy Podziewski, FNP](#) is a graduate of John Hopkins School of Nursing in Baltimore, MD and Frontier Nursing University in Hyden, KY. She specializes in Family Medicine and is a Nurse Practitioner at West Mountain Family Health on Team 2. Make an appointment with Judy by calling 518-824-8610.

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