

THE INSIDER

Special Updates for Supporters and Partners



40 Years of Hudson Headwaters



CEO Dr. Tucker Slingerland and Founder Dr. John Rugge were featured in an August program at the Adirondack Experience moderated by Thom Hallock of Mountain Lake PBS. The [interview](#) highlights the people, places and partnerships that have defined the Network's forty-year history.

Protecting our Colleagues, Patients and Communities from COVID-19



As a health care organization, we have a responsibility to protect our patients, communities and colleagues from COVID-19. The best way to do that is by requiring that everyone working for us is fully vaccinated.

Click [here](#) for more information on Hudson Headwaters' recently announced COVID-19 vaccination policy.

Provider Spotlight: Chelsey Patrick, FNP and Ruth Whitney, FNP



We are excited to announce the first graduates of the [APC Residency Program](#): Chelsey Patrick, FNP and Ruth Whitney, FNP. Both Chelsey and Ruth practice family medicine and will be filling in at Warrensburg and Broad Street urgent care locations.

[Chelsey](#) (left) is a graduate of SUNY Adirondack, Maria College of Albany and SUNY Polytechnic Institute. Make an appointment with Chelsey [online](#) or call West Mountain Health Services-2 at 518-824-8610.

[Ruth](#) (right) is a graduate of SUNY Adirondack, SUNY Plattsburgh and SUNY Polytechnic Institute. Make an appointment with Ruth [online](#) or call Moreau Family Health at 518-761-6961.

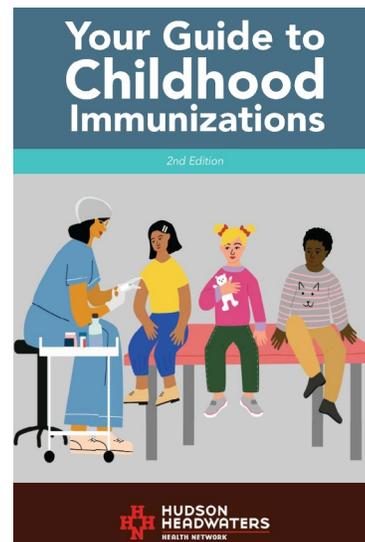
Upstream Grant Recipient Hosts Healthy Cooking Classes for Teens



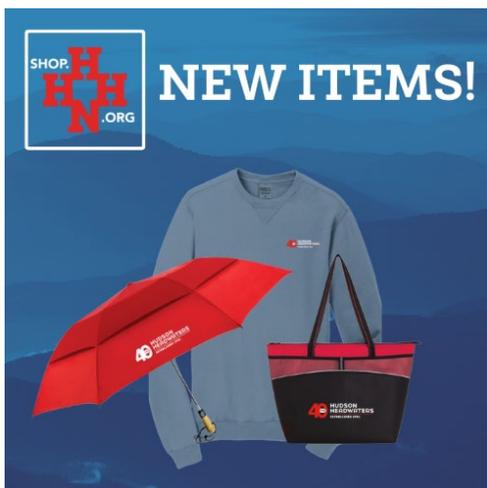
The Village of Champlain was awarded an Upstream Fund Grant to host a series of cooking classes for teens this summer. Read about the current program and future plans in this [Sun Community News](#) article.

Childhood Immunization Guidebook 2nd Edition

Hudson Headwaters recently published a new edition of our Childhood Immunizations booklet. This free resource is available in all health centers and [online](#).



New 40th Anniversary Items in the Company Store



New 40th Anniversary products are now available in the [Hudson Headwaters company store](#). Company store proceeds benefit Hudson Headwaters' vital mission to provide high-quality, accessible health care for everyone in our communities.

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