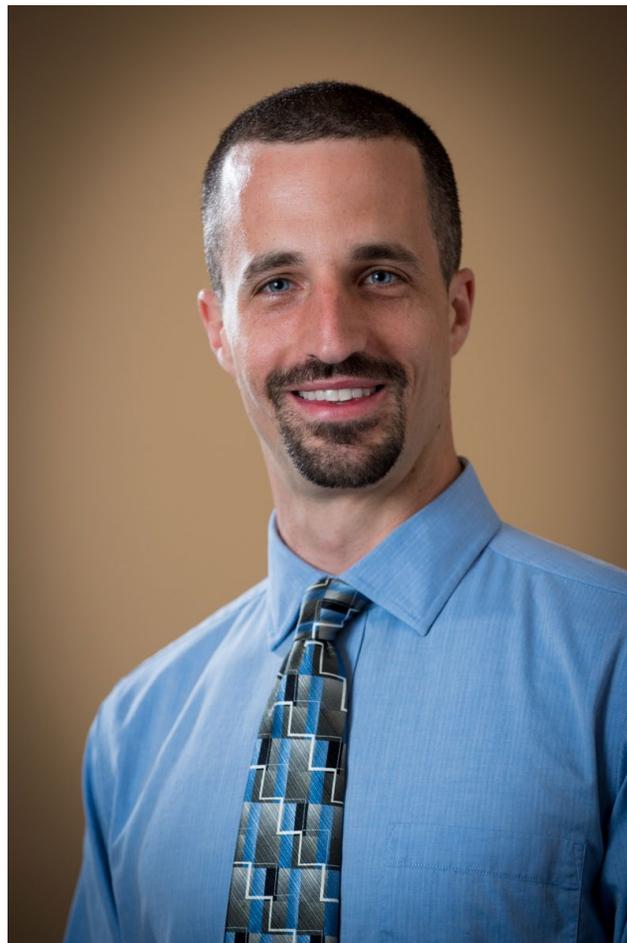


THE INSIDER

Special Updates for Supporters and Partners



Upstate New York COVID Hot Spot: Hudson Headwaters Weighs-In



Hudson Headwaters provider Jeremy Di Bari, M.D. describes his experience on the front lines of the pandemic in this [New York Times article](#) on the surge of COVID cases in Upstate New York.

Long-Standing Providers Promote Community Health



Dr. Rugge and other trusted providers ask for help in keeping our communities safe during the pandemic in this [Post Star article](#).

Advanced Practice Clinician Post Graduate Primary Care Fellowship



Hudson Headwaters has joined the growing number of health care institutions across the country that are developing advanced training programs for recently graduated FNPs and PAs. The demands of full-scope family practice can be overwhelming for recent graduates. This twelve-month program is structured to increase APC clinical competence and confidence. Learn more [here](#).

Provider Spotlight: Nicholas Montello, FNP



[Nicholas Montello, FNP](#) is a graduate of Middlebury College in Middlebury, VT and the University of Vermont. He specializes in primary care and is a family nurse practitioner at Ticonderoga Health Center and Moriah Health Center.

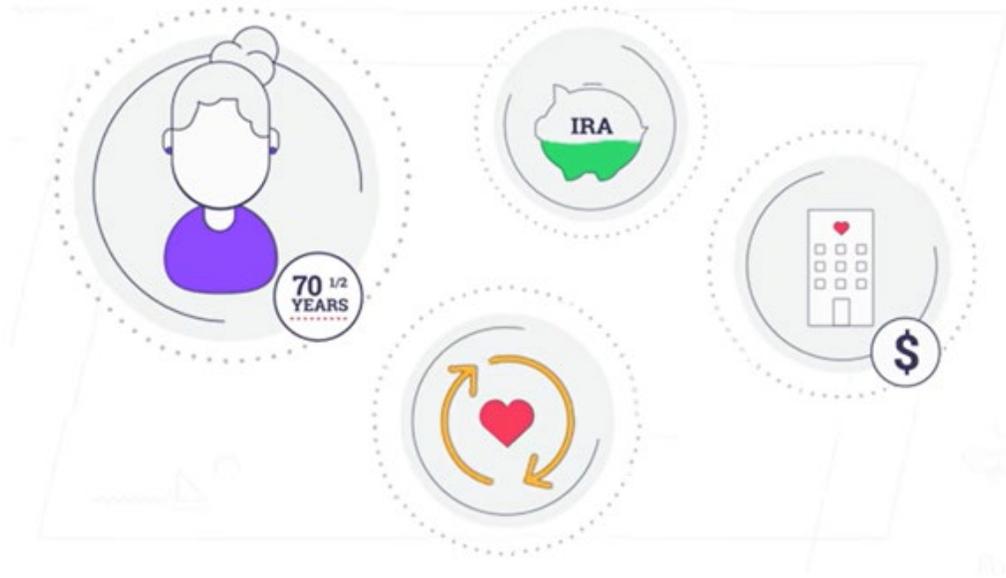
To make an appointment with Nicholas, contact the Ticonderoga Health Center at 518-585-6708 or Moriah Health Center at 518-942-7123.

**Time is Running Out-
Get Your Unique Pieces from the Art Sale Today!**



New pieces have been added to the [online Art Sale](#) to benefit the [Upstream Fund](#). There's something for everyone with more than 200 unique pieces of artwork including photographs and paintings from local artists.

IRA Charitable Rollovers



The IRA Charitable Rollover allows individuals age 70½ and older to make tax-free charitable donations totaling up to \$100,000 per year. See this [fact sheet](#) from our friends at Fenimore Asset Management for more information on making charitable gifts from IRAs.

For more information on how to support Hudson Headwaters through an IRA Charitable Rollover, please contact Jessica Rubin, VP, philanthropy and communications, at 518-703-9554 or jrubin@hhhn.org.

40th Anniversary Oral History Collection: Together We Are Building Healthier Communities



In this short [video](#), hear from our physicians and leaders about what it means to be a part of the 21 communities that we serve.

Thank you to our Business Donors!



*Please support these businesses just as they support Hudson
Headwaters*

[Learn more about our NEW business donor recognition program](#)

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