

THE INSIDER

Special Updates for Supporters and Partners



Mobile Health Celebrates One Year



Hudson Headwaters is celebrating its first anniversary of the mobile health center serving patients in Salem. Hudson Headwaters Mobile Health continues to transform rural health care in the region by providing accessible primary and preventive care services. Check out this [article](#) to hear directly from patients regarding the impact mobile health has had on their communities.

Best of the Region Results



The Post Star's Best of the Region

Winner
Behavioral Health
Medical Group
OB/GYN Office/Women's Health Provider
Rita All, FNP - Primary Care Physician
Urgent Care
Company to Work for: Medium

Favorite
Pediatric Office
Sereena Coombes, MD - Women's Health Provider
Timothy Duffy, DPM - Podiatrist
Timothy Culliton, DPM - Podiatrist



We are excited to announce that Hudson Headwaters has been selected for multiple categories in [The Post Star's Best of the Region 2022](#).

First Place:

Behavioral Health
Medical Group
OB/GYN Office/Women's Health Provider
Rita All, FNP - Primary Care Physician
Urgent Care
Company to Work for: Medium

Favorite:

Pediatric Office
Sereena Coombes, M.D. - Women's Health Provider
Timothy Duffy, DPM - Podiatrist
Timothy Culliton, DPM - Podiatrist
Thank you for voting for us!

A New Model for Elder Care



Hudson Headwaters is adding a new model of care in 2023. The Program of All-Inclusive Care for the Elderly (PACE) is a community-based alternative to nursing home care for individuals ages 55 or older with multiple chronic health conditions but who can still live safely in the community. Check out this [article](#) and [video](#) to learn more about PACE.

Provider Spotlight: Christina Gallus, M.D.



[Christina Gallus, M.D.](#) is a graduate of Binghamton University and the American University of the Caribbean. Outside of work, she enjoys hiking, traveling, reading and spending time with family. Dr. Gallus specializes in pediatrics at Plattsburgh Family Health.

To make an appointment with Dr. Gallus, call Plattsburgh Family Health at 518-536-2060.

Health Care Hero of the Week



Congratulations to Trudy Phillips, NPP of our behavioral health team on being a HITS 95.9 Glens Falls Hospital [Health Care Hero of the Week](#). Trudy was recently nominated by a 12-year old patient who wrote a moving letter to nominate her.

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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