

Dear Friends,

Happy [#GivingTuesday!](#)

Your loyal support is one of the many reasons why Hudson Headwaters remains a beacon of hope for our communities. From addressing a worldwide pandemic to expanding local access to health care, your generosity helps to ensure that we meet the many challenges and opportunities facing our patients and communities.

In addition to conducting more than 37,000 COVID-19 tests since March, we opened the [new Ticonderoga Health Center](#), launched [Hudson Headwaters CARES: The Task Force for Health Equity](#) and awarded our first [Upstream Fund](#) grant awards to support community health. Your support makes this progress possible.



There are many ways to give:

- Visit www.hhhn.org/investnow and make a #GivingTuesday contribution in honor of a Hudson Headwaters provider or staff member;
- Purchase an item at the new [Hudson Headwaters Company Store](#);
- Become a [Business Donor](#).

Thank you! We appreciate all that you do for Hudson Headwaters.

In good health,

A handwritten signature in black ink, appearing to be "JR" or similar initials, enclosed in a circular scribble.

Jessica Rubin
Vice President, Philanthropy and Communications

Announcing the Hudson Headwaters Company Store



Our new online store at shop.hhhn.org is your source for Hudson Headwaters branded gear. All proceeds benefit Hudson Headwaters Health Network.

#GIVINGTUESDAY

Help us spread the love this [#GivingTuesday](https://www.givingtuesday.com) by donating in honor of your health center staff. Your contribution sends a strong message of solidarity and support for the health care professionals keeping us and our communities safe and healthy.

Show the love: [Give online](https://www.givingtuesday.com) and in the memo field write the name(s) of the Hudson Headwaters staff your gift is honor of. You may call out a specific provider, nurse, staff member or even an entire health center.

We'll share the love: We'll let the designated staff and teams know of your generous and thoughtful donation in their honor.

Universal Healthcare: Human Right or Commodity?



CEO Dr. Tucker Slingerland recently participated in a virtual health care forum hosted by Caffe Lena. Watch the recording [here](#).

The Next Generation of Providers



Dr. Tucker
Slingerland



Dr. John
Ruge



Dr. Suzanne
Bergin

We hope you enjoyed the [John Ruge Legacy Society](#) virtual event, a conversation on attracting the next generation of health care providers to our region.

If you did not have a chance to join us live, a recording of the event is available online at: <https://youtu.be/lGaJOzmxbl>

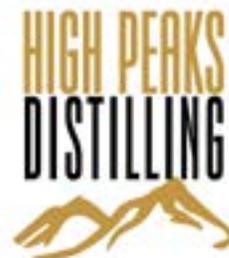
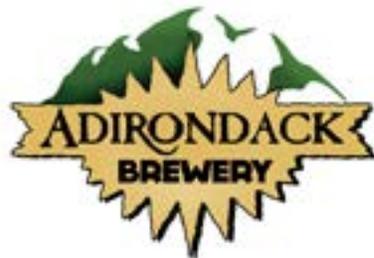
Hudson Headwaters in the News

Champlain Family Health Behavioral Health Consultant Christine Prell talks to [NBC5](#) about COVID fatigue.



Dr. Ashley Bernatos of Plattsburgh Family Health shares tips on avoiding a "twindemic" with [WCAX](#).

This newsletter is brought to you by our Business Donors



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

Give Now