

THE INSIDER

Special Updates for Supporters and Partners



COVID-19 and Flu Vaccinations



Hudson Headwaters encourages all eligible community members to receive their flu and COVID-19 vaccinations. It's even safe to do both at the same time. Dr. Ashley Bernotas of Champlain Family Health explains more in this [Post Star](#) article.

Provider Spotlight: Nicole Robinson, M.D.



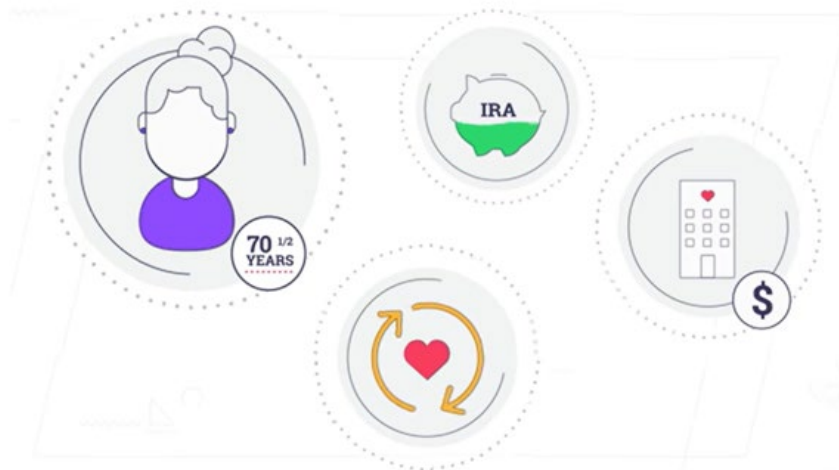
[Dr. Nicole Robinson](#) specializes in pediatrics at the Ticonderoga Health Center and Moriah Health Center. Dr. Robinson is from the Essex area and attended St. Lawrence University and University of Buffalo for her undergraduate and medical degrees. She completed her residency at Hasbro Children's Hospital in Rhode Island. To make an appointment with Dr. Robinson, call the Ticonderoga Health Center at 518-585-6708 or Moriah Health Center at 518-942-7123.

Addressing Food Equity in the Adirondacks



Hudson Headwaters nutritionist Amy Wahl, MS, RN, CDN was featured in this [WCAX story](#) about the importance of having access to fresh, local produce for attaining good health and well-being.

The Benefits of IRA Charitable Rollovers



The IRA Charitable Rollover allows individuals age 70½ and older to make direct transfers totaling up to \$100,000 per year to 501(c)(3) charities without having to count the transfers as income for federal income tax purposes. [This short video](#) explains more. 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.

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