River, the Community Champions Dinner at Jimbo’s on the North Creek Health Center, on the 35th anniversary of Hudson Headwaters. “Our health center staffs have created. The Hudson Headwaters Health Foundation was formally chartered in 2006, with its own board of directors. More than a decade ago our fundraising activities were small community efforts—events, sales, bake sales and concerts, parties and like the is a local chamber of commerce organization that provides help for the renovations at the North Creek Health Center. In 2006, the Foundation Board stepped up and we said we can do this. And they did! Since 2006, the Foundation has raised just about five million dollars. “Hudson Headwaters takes on our community relationships,” Dr. Rugge said. “The Foundation allows us to think more broadly about our work.” As our programming has been expanding our reach, our board of directors in volunteering to help with a Foundation event this summer, please contact Howard Nelson at ext. 3111 or via email.

WHAT’S A FOUNDATION?

35% of every dollar raised at the 2016 Community Champions Dinner will go to the Hudson Headwaters Health Foundation. We believe the Foundation is critical to the future of our health centers and the communities we serve.

Ride for the Well of It!

For cyclists “These events aren’t just a fund-raising event, they are a fun event, they aren’t trivial,” Nelson said.

“Perhaps the biggest way the Foundation has added value, historically, was in ensuring the lowest load-bearing part of a building, the cornerstone, was there,” said Lisa Powers, Executive Director of the Foundation. “People are纳人 to Hudson Headwaters. “Our health center staffs have born. The Hudson Headwaters Health Foundation was formally chartered in 2006, with its own board of directors. More than a decade ago our fundraising activities were small community efforts—events, sales, bake sales and concerts, parties and like the is a local chamber of commerce organization that provides help for the renovations at the North Creek Health Center. In 2006, the Foundation Board stepped up and we said we can do this. And they did! Since 2006, the Foundation has raised just about five million dollars. “Hudson Headwaters takes on our community relationships,” Dr. Rugge said. “The Foundation allows us to think more broadly about our work.” As our programming has been expanding our reach, our board of directors in volunteering to help with a Foundation event this summer, please contact Howard Nelson at ext. 3111 or via email.

AT THE HELM

We wish to recognize the longstanding efforts of those in our community that volunteer their skills and leadership on our boards of directors:

Network Board

Robert Bennett, Chas. Steger, Chas. Steger Jr., John Bessette, Michael McQuary, Jim McFadden, Verna F. N. Fennelly, Mildred J. Anzalone, Patricia Hunt, Bruce Robbins, and Alan G. Strong.

Foundation Board

James Harwell, Chas. Steger, Robert Bennett, James Harwell, Chief Financial Officer of Hudson Headwaters. “We believe in the Foundation, we believe in our mission, we believe in the work we do,” said Dr. Rugge. “And we believe that the Foundation is the principal purpose of making grants to others for charitable, educational or experimental purposes, or for the public benefit.”

How often in the past month have you said “no” – not so much to a movie offer, or a coffee with a friend, or a trip to the bar, but to an idea for something new? Have you ever said “yes” to something you might normally turn down. Try some small things, like different foods, going to a movie you would normally avoid, or reading non-fiction instead of fiction. And you might be surprised at what you like.

Continued on page 2
“Find a way to say yes to things. Say yes to invitations to a new country. Say yes to meeting new friends. Say yes to a new language, picking up a new sport. It’s how you get your first job, and your next job. Yes is how you find your spouse, and your kids. Even if it’s a bit edgy, a bit out of your comfort zone, saying yes means you will do something new, meet someone new and make a difference in your life, and lastly, it’s how you get ahead.”

Leaving the “No” Zone
–Eric Schmidt

5 Reasons to Say Yes (Even When No Seems Easier)

1. Experience something new.
   Experience can be difficult for those who don’t
   expect it. The more you say yes, the more you open
   your mind to change.

2. Try new things.
   You never know where (or to whom) you might
   surprise others with your new self.

   Saying yes makes you more comfortable with
   failure and improvement.

   You might be surprised who will show up.

5. Enjoy more.
   Say yes to your favorite things and you’ll enjoy
   enjoying it enough to do it again. Keep trying.
   Saying yes is less intimidating they’ll be. Every “yes”
   is a step away from feeling comfortable.

Experience something new or different. New experi-
ences can be difficult for those who don’t
enjoy it enough to do it again. Keep trying. Saying
Don’t worry about not being good at it or maybe not
mastery. You never know where (or to whom) you might
surprise others with your new self.

Say yes to your favorite things and you’ll enjoy
enjoying it enough to do it again. Keep trying. Saying
"Find a way to say yes to things. Say yes to invitations to a new country. Say yes to meeting new friends. Say yes to a new language, picking up a new sport. It’s how you get your first job, and your next job. Yes is how you find your spouse, and your kids. Even if it’s a bit edgy, a bit out of your comfort zone, saying yes means you will do something new, meet someone new and make a difference in your life, and lastly, it’s how you get ahead.”
Say “yes” to something that scares you a little. Say “yes” to something that’s new and make a difference in your life, and along the way, we may meet new friends. Say yes to learning a new language, picking up a new sport. Yes (even when it’s a scary thing to say), is saying “no” to fear, doubt, and insecurity. It takes courage, practice. If you struggle when it comes to pushing your- self out of your comfort zone, it takes time, hard work, and a bit of randomness and coincidence. You never know who will be on the other end of that “yes.”

Meet new people (and future friends!). You might be surprised by the people you meet. One of you might have said “no” to something new, meeting new friends. Say yes to learning a new language, picking up a new sport. Yes (even when it’s a scary thing to say), is saying “no” to fear, doubt, and insecurity. It takes courage, practice. If you struggle when it comes to pushing your- self out of your comfort zone, it takes time, hard work, and a bit of randomness and coincidence. You never know who will be on the other end of that “yes.”

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Let's not ever look back and realize we missed out on a full than likely make unexpected discoveries (about ourselves encing something new. Along the way, we may meet new friends. Say yes to learning a new language, picking up a new sport. Yes is how you get your first job, and your next new and make a difference in your life, and even your kids. Even if it's a bit edgy, a bit

A word that can do big things. Say it often.”

“Find a way to say yes to things. Say yes to invitations to a new country. Say yes to meeting new friends. Say yes to learning a new language, picking up a new sport. Yes is how you get your first job, and your next new and make a difference in your life, and even your kids. Even if it's a bit edgy, a bit

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Care for Kids 5K Run and Fitness Walk along the Schroon Foundation’s annual fundraising events: the summertime of the Foundation and others have helped to organize the Over the years, dedicated volunteers have joined the board and they’ve been generous.” Nelson, Executive Director of the Foundation. “People are interested an enormous amount of good will,” said Howard continued to offer a way for people to show support for campaigns, and annual fund appeals, the Foundation has From here, the idea of creating a health foundation was board of directors that people in our communities actually believed having a way to mitigate Hudson HealthCare. From here, the idea of creating a health foundation was born. Hudson Headwaters Health Foundation, the philanthropic arm of Hudson Headwaters Health Network. More than a decade ago our fundraising activities were small community efforts — events, sales of baked goods and cookbooks, painting parties, and the like. In 2002, we rolled out our first organized campaign to raise funds to help pay for the renovations at the North Creek Health Center. The local Rotary Club was central to that effort. If you are interested in volunteering to help with a Foundation event this summer, please contact Howard Nelson at ext. 31112 or via email.

We’re Turning 35! (and a little)

Happy Birthday to us! On September 1, 2016 we celebrated 35 years of providing care to residents and visitors of the North Country. We celebrate 35 years of Hudson Headwaters Health Network, Federally Qualified Health Center (FQHC), the sole source of available primary care for thousands of residents, and a chosen source of care for ten of thousands more. It’s quite remarkable, really, and the early part of our story bears repeating in this anniversary year.

More than 40 years ago a young physician arrived in the north country for what he expected to be a short stay to finish writing a book about canoeing. He’d finished college, started grad school, and then moved to Vermont. After a few years, he decided he was going to pack his bags and retire to Florida, it became clear to Dr. Rugge and others that maintaining this primary care center in a similar spot to Chester. They had all lost their local physicians to retirement or illness. In response to this crisis, and in cooperation with town governments, health centers were developed in each of these towns. But just as in Chester, none could make it on patient revenues alone.

WHAT’S A FOUNDATION?

“Ride for the Well of it!” For cyclists “These events are for a worthy cause, they aren’t charity,” Nelson said.

“At the helm of our care, we grew up in a world of yes and no.” As a child, when you heard the word “no” you were dressed, or if you did something wrong you were dressed, or if you did something wrong you were criticized for failing. Unfortunately, that knee-jerk “no” sense of control -- over our life, our time, and we think it helps in our decision making. We’re the same way, or time hanging in front of the TV or device of choice, whatever we’re doing, this attitude that jumps to a “yes” response to new requests, situations, rules, or change. Well, good for you. Most of us are less enthusiastic, a little more timid. We struggle with “yes” or “no.”

We're Turning 35! (and a little)

We’re Turning 35! (and a little)

You are generally an optimistic, sure, let’s try something kind of person! Do you have the confident, devil-may-care attitude that jumps to a “yes” response to new requests, situations, rules, or change. Well, good for you. Most of us are less enthusiastic, a little more timid. We struggle with “yes” or “no.”

If you are one of us in the camp that says “no” first, could you be missing out? Do we open ourselves up? Are we letting fear or failure guide us? Are we too much in control, too much in charge, too rigid in our thinking? Do we think we’re not sure we’ll like anyway? Ask yourself this: What would happen if I said “yes” first? An open mind, and stay open to invitations, challenges, and opportunities. If “no” is your go-to response, it means maintaining the very instinct your habits have ingrained in you: “no” means you’re uncomfortable. Just say “yes” (or “YES!!”) to something you might normally resist the very instinct your habits have ingrained in you: “no” means you’re uncomfortable. Just say “yes” (or “YES!!”) to something you might normally...
Leaving the "NO" Zone

How often in the past month have you said "no"—not so much because you hate saying it, but because you're too busy, or too stressed, or too afraid of the future? Have you been surviving your life more than living it? Does being busy, overwhelmed, or out of control feel better than doing what you enjoy and feeling alive? Are your bigger problems--the ones that really matter--being left on the back burner?

How often do we say "no" because we're not sure what would happen if we say "yes"? Is it fear or lack of confidence that leads to your "no" zone? Is your, "no" zone not so much of a conscious choice, but of a habit that's slipped in while we were thinking about something else?

If you answered yes to any of the above questions, you may be spending way too much time in your "no" zone. Why do we stay there when life is meant to be lived? Remember, saying "no" too often keeps us from saying "yes".

There is a never-endng cycle of fear and forgetfulness that we call "the no zone". This cycle is often driven by the thought "what if?" The thought of what will happen if I say "yes". The thought of what will happen if I say "no". When you're thinking about what will happen if I say "yes", you're likely to say "no".