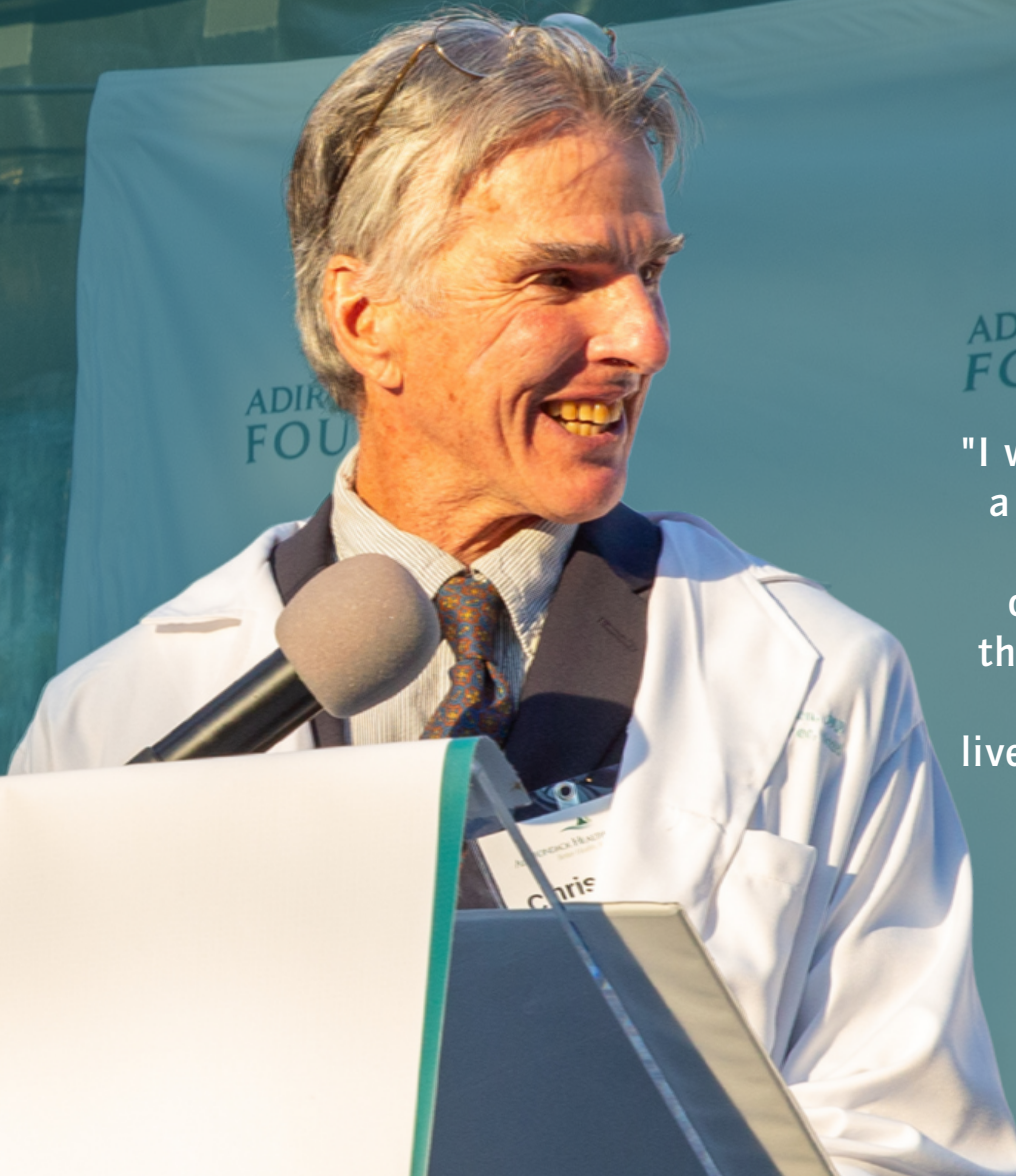


THE HEART OF HEALTHCARE



"I was being given
a second chance,
and although I
could not repair
the world, I could
help make the
lives of the people
I served a little
better."

— Dr. Hyson

Why We Gather

Summer 2026 • A Mission Moment from the Adirondack Health Foundation

The Heart of Healthcare: Why We Gather

"In the Adirondacks, healthcare doesn't begin in a hospital. It begins in a relationship."

That thought stayed with many of us long after the music faded and the lights dimmed at this year's Adirondack Health Foundation Summer Gala.

The evening celebrated far more than a fundraising event. It celebrated the people who make exceptional healthcare possible every day — physicians, nurses, technicians, volunteers, staff, donors, and neighbors who believe that everyone deserves compassionate care close to home.

As we honored Dr. Christopher Hyson for more than thirty years of service, he reminded us that the practice of medicine is built on trust, compassion, and the relationships formed over a lifetime. Following a life-changing stroke in 2008, it was the encouragement of his patients, colleagues, and community that inspired him to return to the work he loved and continue caring for others.



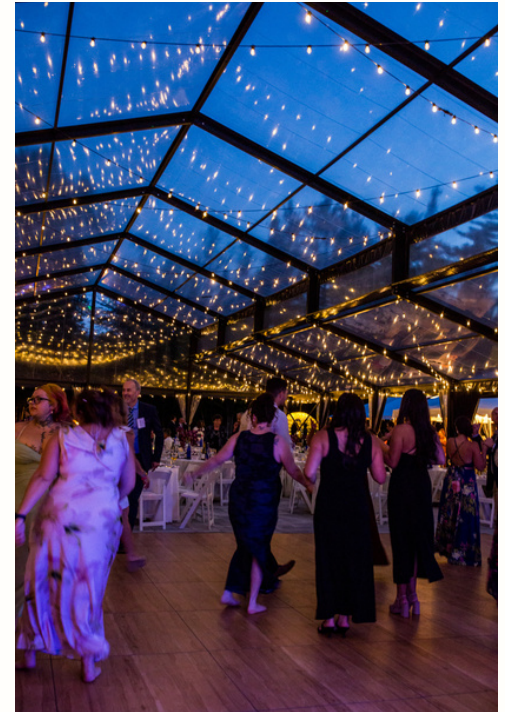
**"They have been my eyes
and ears. They have been
my right and left hands.
And they have been my
heart to help find the best
paths for our patients."**

— Dr. Christopher Hyson

For Dr. Hyson, primary care was never simply about treating illness. It was about listening to a patient's story, knowing their family, celebrating life's milestones, and walking beside them through its greatest challenges. Those quiet moments of connection are what transform healthcare into healing.

His words were a heartfelt tribute to every member of the Adirondack Health team and a reminder that no one delivers healthcare alone. Behind every patient story is a community of caregivers working together with one shared purpose — to provide the very best care possible.

This year's Gala reflected that same spirit. Friends gathered to celebrate, volunteers gave their time, sponsors invested in our mission, and our community came together with a shared belief that exceptional healthcare should always be available close to home.



As we look ahead to celebrating the Adirondack Health Foundation's 30th Anniversary, we remain inspired by caregivers like Dr. Hyson and by a community whose generosity continues to strengthen healthcare for generations to come.

Because in the end, the heart of healthcare has never been a building or a piece of equipment.

**It has always been the people
who care for one another.**