Dear Friends,

We hope you and your families are well and finding the inner strength to bear the strain of these uncertain days.

As the chief officers of the region’s two largest health and science institutions, we have as many questions as you about the impact of coronavirus on our Tri-Lakes community. We’re working hard to find answers and rapid innovations for solutions.

We can say this for certain, though: In the Adirondacks—a place known for wellness and resilience—we have the benefit of having done this before. And we are ready to do it again.

More than a century ago, Dr. Edward Livingston Trudeau established his Sanatorium, where health-seekers from all over flocked during the darkest days of tuberculosis. Later, his grandson Frank Trudeau, M.D.—personally known to many of you—established the Trudeau Institute itself, which today vigorously continues the fight against serious, life-threatening infectious diseases.

Today, Adirondack Health and the Trudeau Institute are joining forces to face the monumental, modern-day challenge presented by COVID-19. We have been inspired by the tireless work done by our nurses, doctors and first responders to prepare for whatever comes.

We can’t promise how long this fight will take. We can promise, however, that we’ll be here to guide our community to the other side of this crisis.

In the meantime, we’ve been heartened to see so many people here taking exactly the right steps to minimize the impacts of coronavirus. So stay home. Get outside (while maintaining appropriate social distancing). Wash your hands. Be well. And if you need us, we’ll be here.

In health,

Sylvia Getman  
President and CEO  
Adirondack Health

Atsuo Kuki  
President and Director  
Trudeau Institute

For more information on what you can do, visit adirondackhealth.org/coronavirus.