

# ISSUE **10** JUNE 2021 NEWSLETTER



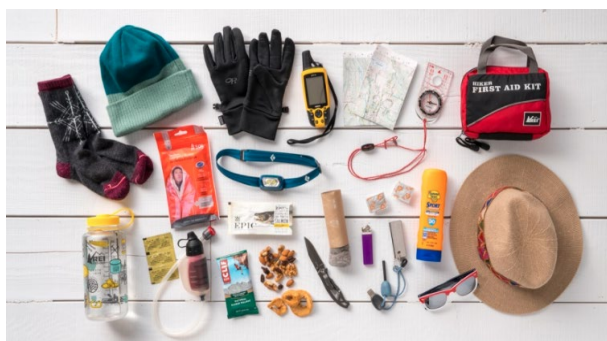
**WATER STREET  
HEALTH SERVICES**

Providing health care through  
Christian faith & guidance.

210 South Prince Street, Lancaster PA 17602 • Phone: (717) 358-2017 • Fax: (717) 393-2017

## ANNOUNCEMENTS FROM THE CLINIC

**Did you know that packing the ten essentials for hiking & camping outdoors could be essential for your survival?**



Packing the "Ten Essentials" whenever you step into the backcountry, even on day hikes, on a routine trip, or when something goes awry is when you'll truly appreciate the value of carrying these items that could be essential to your survival.

The original Ten Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for climbers and outdoor adventurers, to help people be prepared for emergency situations in the outdoors. Back then, the list included a map, compass, sunglasses and sunscreen, extra clothing, headlamp/flashlight, first-aid supplies, fire starter, matches, knife and extra food.

**Now days, the updated ten essential systems are:**

1. **Navigation:** map, compass, altimeter, GPS, PLB or satellite messenger.
2. **Headlamp:** plus extra batteries.
3. **Sun protection:** sunglasses, sun-protective clothes & sunscreen.
4. **First aid:** including your prescription medications, foot care & insect repellent.
5. **Knife:** plus a gear repair kit.
6. **Fire:** matches, lighter, tinder and/or stove.
7. **Shelter:** carried at all times (can be a light emergency bivy).
8. **Extra food:** Light & dry food like quinoa, cuscus, rice. Beyond the minimum expectation.
9. **Extra water:** Beyond the minimum expectation.
10. **Extra Clothes:** Beyond the minimum expectation.

### CONGRATULATIONS TO ALL THE WINNERS OF THE MAY HEALTH SERVICES RAFFLE!

When you arrive on time to your appointment you qualify for a raffle prize. Raffle prize items can include shampoo, conditioner, hand sanitizer, lotions, soap, and other personal care items. Patients receive a colorful backpack that is useful for their everyday needs. Thank you to our generous donors who provide essential health items for our patients.

### THANK YOU FOR YOUR MAY DONATIONS TOTAL GIFT-IN-KIND DONATIONS IS \$6,699.69

Make sure to take your prescription medications, your vitamins, go for a walk and take plenty water & sun this summer.

#### Break it Down

Audi/o-Hearing  
Bi/o-Life  
Brachi/o-Arm

In May we celebrated Mother's Day and National Nurse's Appreciation Week. Thanks a lot for all your support to WSHS clinic!

#### PRESCRIPTION REFIL INSTRUCTION AND CLINIC HOURS FOR MEDICINE REFILLS & PICK-UP

With at least 48 hours in advance, please bring your medicine bottles to WSHS during clinic hours or call (717) 358-2012.

Monday	8:30am to Noon & 4:30pm to 8pm
Wednesday	8am to Noon
Thursday	1:30pm to 5pm

#### DIABETES CLASS FOR WSM GUESTS

Mrs. Langenbach, RN will resume diabetes class the second and fourth Thursday every month starting June 2021 from 4:00-05:00pm. Contact medical clinic nurses for details.

#### CLINIC CLOSED DAYS

Monday, June 14 - 05:00-08:00pm  
Monday, July 5th - Independence Day

### HOURS OF OPERATION

#### New Donation Hours for 2021

Monday & Wednesday 9AM—12PM  
Monday 4PM— 7PM  
Thursday 1PM—4PM

Water Street Health Services does not accept expired, opened, or damaged donated items as we can't use them for our patients.

Day	Medical	Dental	Registration
Mon	9 AM—12PM 5PM—8PM	CLOSED	CLOSED
Tues	CLOSED	CLOSED	9 AM—12PM 1PM—4:30PM
Wed	9AM—12PM	CLOSED	CLOSED
Thurs	2PM—5PM	CLOSED	9AM—12PM

### COVID-19 PROTOCOL

All volunteers of WSHS are required to screen their temperature and document it at the time of arrival at the front desk. We follow CDC's guidelines about the mask at all times.