

ISSUE 14 OCTOBER 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

Frequently Asked Questions

How often should I visit the dentist?

For most people, dentists recommend having a cleaning and checkup twice a year - every six months, to be precise. However, depending on your specific oral health needs, we may recommend you visit your dentist more often than that.

How can I prevent oral disease like caries?

In addition to deep cleaning your teeth, your dentist and hygienist will perform a thorough oral exam (which may include x-rays) to determine whether you have, or are developing, any oral health problems.

There are many problems that your dentist and hygienist will be able to identify early on that you may not, because they require a trained eye and x-rays to spot. These include cavities, gingivitis, and even oral abnormalities like tumors and cysts.

How many times a day should I brush my teeth?

The American Dental Association (ADA) recommends brushing your teeth twice a day, in the morning and evening with soft-bristled brush for a minimum of 2 minutes each time making sure you brush every tooth and clean between your teeth once a day with a dental floss. Cleaning or flossing between your teeth helps remove plaque and food particles that often get stuck under your gum line and between your teeth.

Why should I get the Influenza (flu) vaccine?

CDC recommends everyone 6 months and older get an influenza (flu) vaccine every year. Flu vaccine has been shown to prevent millions of illnesses, tens of thousands of hospitalizations and thousands of deaths each year.

This vaccine can protect you and your family from getting sick from flu. By getting the vaccine today, you will be protecting yourself and the people around you who may be more vulnerable to serious flu illness, like your children and parents.

A flu vaccine cannot cause flu infection. The most common side effects of an influenza vaccine are mild, like redness, swelling, soreness, or a low-grade fever for a flu shot. This should go away within a few days.

Flu activity is going to start to pick up, and CDC says to expect more cases in the coming months. That is why we want to make sure you are helping protect yourself and your loved ones. It is important to get vaccinated this season because flu vaccination can reduce potential flu illnesses, doctor visits, and missed work and school due to flu.

- Source of information, CDC

WSHS Clinic will have a seasonal Flu Vaccine Day on campus on Thursday, October 21. Mark the day as specific details will follow soon.

ANNOUNCEMENT FROM THE DENTAL

WSHS clinic volunteer dentists will see patients the following dates

Dr. Po: Friday, October 8 - & Thursday, October 21

Dr. Po: Thursday, November 4 - Friday, November 12 & Thursday, November 18

Dr. Earhart and team: Friday, October 22

Dr. Prancun: Wednesday, October 27, Wednesday, November 17 & Wednesday, December 15.

PRESCRIPTION REFILL 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	8:30am to Noon
Thursday	1:30pm to 5pm

THANK YOU FOR YOUR SEPTEMBER DONATIONS TOTAL GIFT-IN-KIND DONATIONS IS \$ 5,967.88

Break it Down

Hemato/o-Blood
Hist/o-, histi/o-Tissue
Hemi-, semi-Half

WELCOME NEW VOLUNTEER

WSHS clinic welcomes the following LGH volunteer residents
Riley Ewen, DO
Jeremiah Lee, MD

CLINIC CLOSED DAYS

Thursday November 25 - Thanksgiving
Fridays, Saturdays & Sundays

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. WSHS Clinic follows CDC's guidelines for healthcare workers wearing the mask at all times in healthcare facilities.