

# ISSUE **MARCH 2022**

# 19 NEWSLETTER



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

## ANNOUNCEMENTS FROM THE CLINIC

### Check it off.

Take this "**Checkup Checklist**" to your next doctor appointment.

It is recommended that you and your children have regular checkups with your primary care provider (PCP).

Preparing for a checkup helps get the most out of your visit. Think about these topics before your next visit:

- **Family History.** Provide information that might be important for your care.
- **Screenings.** Ask your PCP if you are due for any tests of screenings.
- **Immunizations.** Ask your PCP if you or your children are due for any shots.
- **Questions.** Make a list of any health changes since your last visit. Make a list of health goals, such as losing weight, or quitting smoking.

It is also important to be screened for diseases. Screening help catch conditions early.

- **Breast Cancer.** Depending on risk, annual mammograms begin for women as early as age 40 or as late as age 45. Then mammograms every 2 years beginning at age 55.
- **Cervical Cancer.** Pap screening every 3 years for women ages 21 to 29. Pap and HPV test every 5 years for women ages 30 to 65.
- **Colorectal Cancer.** Colonoscopy every 10 years for men and women beginning at age 45. Other tests are available; intervals vary.

*Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go - Joshua 1:9*

#### Break it Down

Ren/o-kidney  
Sept/o-Dividing wall, septum  
Thorack/o-Chest or thorax

#### PRESCRIPTION REFILL INSTRUCTIONS 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 FEBRUARY DONATIONS**  
**TOTAL GIFT-IN-KIND DONATIONS IS \$463.25**

### PT Driver, Cleaning & Front Desk volunteers needed

To volunteer at the clinic, please contact Maria Asin, WSHS Office Manager 717-358-2090  
masin@wsm.org

### Welcome New Volunteers

Robin L Syphard, LPN

### CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday evening March 14 & March 28, 04:30 - 08:00pm  
Fridays, Saturdays & Sundays

## HOURS OF OPERATION

### New Donation Hours for 2022

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

Water Street Health Services does not accept expired, opened, or damaged donated items.

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
Thursday	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 masks at all times in healthcare facilities.