

# ISSUE **20** April 2022

## NEWSLETTER



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

## ANNOUNCEMENTS FROM THE CLINIC

### WSHS Clinic follows CDC's guidelines for healthcare workers wearing masks in healthcare facilities.

- ✓ During clinic sessions all patients should wear a mask during their time in the clinic.
- ✓ Masks are available at the check in window for patients before entering the clinic.
- ✓ All staff and volunteers should wear a mask at any time they are with a patient.

### Save the date for CPR classes

Annual CPR classes will be held on May 24, 26 and 27. The Healthcare Provider (BLS) class will be on May 26 from 8-12 noon. The times for the Heartsaver classes (for laypersons) will be coming. Watch for an email to sign up!

*The Lord is close to the brokenhearted and saves those who are crushed in spirit - Psalm 34:18*

### Medical Root Words: Digestive System

Append = appendix  
 Chol, chole = bile or gallblader  
 Col = colon

### 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

### Did you know?

New research in mice has identified neurons in the brain that influence competitive interactions between individuals and that play a critical role in shaping the social behavior of groups. A team led by investigators at Massachusetts General Hospital (MGH), state that the findings will be useful not only for scientists interested in human interactions but also for those who study neurocognitive conditions such as autism spectrum disorder and schizophrenia that are characterized by altered social behavior.

### Close the blinds during sleep to protect your health

Draw the curtains and turn off the lights before bed. Exposure to even moderate light during sleep, compared to sleeping in a dimly lit room, harms your cardiovascular function during sleep damaging your heart health, and increases insulin resistance the following morning. Just one single night can be a risk factor for cardiovascular regulation, heart disease, diabetes and metabolic syndrome, reports a new Northwestern University study.

**THANK YOU FOR YOUR MARCH DONATIONS**  
**TOTAL GIFT-IN-KIND DONATIONS IS \$13,586.96**

### 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](mailto:masin@wsm.org)

### Welcome New Volunteers

Grace Stillman, RN

### CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday evening April 11 & 25, 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.