


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

ANNOUNCEMENTS FROM THE CLINIC

Did you know?

Source: European Molecular Biology Laboratory - 04/28/2022

Scientists have recapitulated in the laboratory how the cellular structures that give rise to our spinal column form sequentially. They have created a 3D in vitro model that mimics how the precursor structures that give rise to the spinal column form during human embryonic development. - continue reading 

The spinal column is the central supporting structure of the skeleton in all vertebrates. Not only does it provide a place for muscles to attach, it also protects the spinal cord and nerve roots. Defects in its development are known to cause rare hereditary diseases. Researchers from the Ebisuya Group at EMBL Barcelona have now created a 3D *in vitro* model that mimics how the precursor structures that give rise to the spinal column form during human embryonic development.

The spinal column consists of 33 vertebrae, which form pairs of precursor structures called somites. Somites give rise to not only our vertebrae, but also our ribs and skeletal muscles. To ensure that these structures are formed correctly, somite development is tightly regulated, and each pair of somites arises at a particular sequential time point in development. This process is controlled by the segmentation clock, which is a group of genes that creates oscillatory waves, every wave giving rise to a new pair of somites. "For the first time, we have been able to create periodic pairs of human mature somites linked to the segmentation clock in the lab," said Marina Sanaki-Matsumiya, first author of the study published in *Nature Communications*. Using this approach, the researchers developed a 3D *in vitro* model of human somite formation, also known as 'somitogenesis'.

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. Contact Hannah Hair at hhair@wsm.org

For you created my inmost being; you knit me together in my mother's womb. - Psalm 139:13

Medical Root Words: Digestive System Meaning

Cyst = bladder
Enter = small intestines
Esophag = esophagus

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 APRIL DONATIONS
TOTAL GIFT-IN-KIND DONATIONS IS \$5,827.30

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

CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday morning May 2nd 08:00am - 12:00pm
Wednesday May 4th WSM & WSHS Staff off-site day
Monday evening May 09 04:30pm - 08:00pm
Monday evening May 23rd 04:30pm - 08:00pm
Monday May 30th Memorial Day
Fridays, Saturdays & Sundays

HOURS OF OPERATION

New Donation Hours for 2022

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

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

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

COVID-19 PROTOCOL

WSHS Clinic follows CDC's guidelines for healthcare workers wearing masks at all times in healthcare facilities while in contact with patients.