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ANNOUNCEMENTS FROM THE CLINIC

Study examines why the memory of fear is seared into our brains

Experiencing a frightening event is likely something you'll never forget. But why does it stay with you when other kinds of occurrences become increasingly difficult to recall with the passage of time? →



Illustration of amygdala in the brain (stock image).

Date: June 1, 2022
Source: Tulane University
Summary: Neuroscientists have been studying the formation of fear memories in the emotional hub of the brain -- the amygdala -- and think they have a mechanism.

A team of neuroscientists from the Tulane University School of Science and Engineering and Tufts University School of Medicine have been studying the formation of fear memories in the emotional hub of the brain -- the amygdala -- and think they have a mechanism.

In a nutshell, the researchers found that the stress neurotransmitter norepinephrine, also known as noradrenaline, facilitates fear processing in the brain by stimulating a certain population of inhibitory neurons in the amygdala to generate a repetitive bursting pattern of electrical discharges. This bursting pattern of electrical activity changes the frequency of brain wave oscillation in the amygdala from a resting state to an aroused state that promotes the formation of fear memories.

Tasker used the example of an armed robbery. "If you are held up at gunpoint, your brain secretes a bunch of the stress neurotransmitter norepinephrine, akin to an adrenaline rush," he said. "This changes the electrical discharge pattern in specific circuits in your emotional brain, centered in the amygdala, which in turn transitions the brain to a state of heightened arousal that facilitates memory formation, fear memory, since it's scary. This is the same process, we think, that goes awry in PTSD and makes it so you cannot forget traumatic experiences."

The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.
- 2 Peter 3:9

Medical Root Words = Cardiovascular System

Angi, vas = blood vessels

Aort = aorta

Arteri = arteries

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 JUNE DONATIONS
TOTAL GIFT-IN-KIND DONATIONS IS \$863.06

Great News! - New Law to Help PA Nursing Shortage

Legislation to help address Pennsylvania's nursing shortage has been signed into law. **House Bill 889, now Act 22 of 2022**, will allow the State Board of Nursing to approve graduates of international professional nursing education programs to sit to the RN licensure examination, provided such programs are determined to be equivalent to that which is required in Pennsylvania.

This bill was sponsored by fellow Lancaster County Representative Brett Miller (R-East Hempfield). The bill earned unanimous passage in both the state House and Senate before being signed into law by the governor. **The new law will take effect in mid-August.**

CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday July 4th Independence Day
Monday evening July 11th 04:30pm - 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

CLINIC CLOSED ON HOLIDAYS

New Year's Day
Martin Luther King Jr. Memorial Day
Juneteenth
Independence Day July 4th
Labor Day
Thanksgiving Day
Christmas Day