

ISSUE 32 APRIL 2023 NEWSLETTER



210 South Prince Street, Lancaster PA 17602 • Phone: (717) 358-2017 • Fax: (717) 393-1017

WELCOME NEW WATER STREET HEALTH SERVICES VOLUNTEERS

Dentists: DDS Mary Chen & DDS Tyler Guthrie. RN Hannah Barry & RN Linda Williamson. LPN Caryn Hivner. Front Desk: Wendy Kinkaid. Cleaners: Tiffany Rubin & Sylviana Hanna.

What is the difference between cholesterol and triglyceride?

Triglycerides and cholesterol perform different functions in the body. They are both important markers for overall health and should stay within recommended ranges.

Triglycerides are a type of fat or lipid in the blood. According to the American Heart Association (AHA), triglycerides are the most common type of fat in the body and store excess energy from the food a person eats.

Checking blood triglycerides requires a blood test. The results of the blood test will indicate triglyceride levels in the body, generally measures in milligrams per deciliter (mg/dl).

There are four triglyceride ranges:

- normal: lower than 150 mg/dl
- borderline: 151-199 mg/dl
- high: over 200 mg/dl
- very high: over 500 mg/dl

Several factors may affect triglyceride levels. For example, blood triglyceride levels may rise after a person eats, as the body creates more triglycerides from unused calories in a meal.

Cholesterol is a waxy substance called a lipoprotein. The liver produces cholesterol, and it has different functions in the body. These include hormone production, food digestion, and vitamin D generation. People also consume cholesterol through their food.

There are two main types of cholesterol: low-density lipoprotein (LDL), or "bad" cholesterol and high-density lipoprotein (HDL), or "good" cholesterol. A blood test can check a person's cholesterol levels. Test results display cholesterol levels in milligrams per deciliter (mg/dl) of blood. For adults, cholesterol ranges include:

- normal: 199 mg/dl or lower
- borderline: 220-239 mg/dl
- high: over 240 mg/dl

However, there may be different guidelines, depending on where a person lives. For example, the recommended normal level in South Africa is below 186.5 mg/dl (4.9 millimeters per liter).

The CDC recommended that healthy adults have their cholesterol and triglycerides levels checked every 4-6 years for normal levels, a yearly check for borderline, and every 6 months for high and very high levels.

PHYSICAL THERAPY

For appointments, stop by the clinic front desk or call 717-358-2017. Appointments are available from 1:00 to 4:00 pm every Wednesday.

WSHS medical clinic accepts all uninsured, no income and under 250% poverty income level patients. For questions, call 717-358-2017 during clinic hours of operation.

WSHS Dental Clinic is operating by volunteer hours. The clinic will contact patients whenever there is an available appointment. If you need immediate care, please call the following resources:

Hope Within Ministries:

4748 E Harrisburg Pike, Elizabethtown, PA 17022, call: 717-367-9797

Union Community Care: Multiple Locations, call 717-299-6371

PRESCRIPTION REFILL INSTRUCTIONS & MEDICINE PICK-UP

With at least 48 hours in advance, please bring your medicine bottles to WSHS during clinic hours of operation or call (717) 358-2012.

THANK YOU FOR YOUR GIFT-IN-KIND DONATIONS

TOTAL FOR MARCH IS \$14,406.71.-

ORGANIZATIONS & EDUCATORS THAT PARTNERS WITH THE CLINIC

NAAMAN CENTER: Provides individual counseling, Outpatient Treatment & group sessions for WSM guests on Tuesdays 2-5pm, Wednesdays & Thursdays 12-7pm.

For admissions call: 844-888-8085

DIABETES CLASS: Jean Langenbach, RN meets every 2nd & 4th Thursday of the month on Thursdays afternoon from 3:30-4:30pm.

For admissions call the clinic nurse line 717-358-2016

MENTAL HEALTH COUNSELING

Individual counseling is available for WSM guests Monday through Friday. Contact the Access Center to Schedule an appointment.

CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday evening April 3 & April 24, 4:30-8:00pm
Fridays, Saturdays & Sundays

CLINIC HOURS OF OPERATION

New Donation Hours for 2023

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

Day	Medical	Dental	Registration
Mon	9 AM—12PM 5PM—8PM	CLOSED	CLOSED
Tues	CLOSED	By Appointment	9 AM—12PM 1PM—4:30PM
Wed	9AM—12PM	By Appointment	CLOSED
Thursday	2PM—5PM	By Appointment	9AM—12PM

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

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