

ISSUE **MAY 2023**

33 NEWSLETTER



WATER STREET HEALTH SERVICES

Providing health care through Christian faith & guidance.

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

Did you know stress is the biggest thing that is driving so many of the dysfunctions we see around chronic illness?

We now understand how stress impacts our biology in a real, practical way. It is, in fact, the biggest thing that's driving so many of the dysfunctions we see around chronic illness.

It either makes it worse or causes most of the things we see every day in medical practice. How?

Well, stress jacks up your cortisol levels, which then causes your muscles to waste away, your blood pressure to go up, and your blood sugar to go up. This then increases belly fat, causing your memory to go down. You see this phenomenon of weight gain, insulin resistance, and diabetes, ultimately, even type three diabetes, which we now refer to as dementia.

When you also are stressed, you produce adrenaline. Adrenaline also makes you feel hyper, anxious, and irritable, raises your heart rate, and your blood pressure up, causes your blood to clot more likely, damages your brain's memory center or hippocampus and just causes a lot of bad problems.

That's why it's so essential to incorporate stress management into our daily lives. That can be a short walk outside, spending time in nature, breathing techniques, meditation, yoga, a bath, or stretching.

Did you know that 20 million are suffering from prolonged post-Covid symptoms?

Approximately 20 million people are suffering from prolonged post-Covid symptoms, with cases increasing daily. In many people, lingering symptoms are still present (or reoccur) 6 to 9 months after Covid infection. While Covid-19 was originally viewed as a respiratory disease, we've now gained a new understanding of its impact on our blood vessels and how that infects the entire body. Among the most common lasting symptoms are fatigue, body aches, difficulty breathing, racing heart, vomiting, diarrhea, and constipation.

Dr. Leo Gallard, is one of the most credible resources on Covid-19 and long-Covid syndrome. He has had an immense impact on hundreds of thousands of patients as board-certified internist and international best-selling author and one of the founders of Functional Medicine. Since the onset of the pandemic he has devoted most of his time to research on Covid-19 to understand the biology of the disease.

Find more at drqallard.com

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 has hired a full time dentist! Dr. Ross Norian will begin seeing patients in mid-May. We will continue to serve our patients with volunteer providers as well. Please contact the clinic to register and make an appointment.

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 APRIL IS \$7,345.00

ORGANIZATIONS & EDUCATORS THAT PARTNERS WITH THE CLINIC

NAAMAN CENTER: Provides individual counseling, Outpatient Treatment & group sessions for WSM guests on 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 May 1st & May 15, 4:30-8:00pm
Monday May 29, Memorial Day & Tuesday May 2nd, staff off-site
Fridays, Saturdays & Sundays

CLINIC HOURS OF OPERATION

New Donation Hours for 2023

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 | By Appointment | 9 AM—12PM 1PM—4:30PM |
| Wed | 9AM—12PM | By Appointment | CLOSED |
| Thursday | 2PM—5PM | By Appointment | 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