MULTIPHASIC BLOOD SCREENING
Friday, September 11 & Saturday, September 12, 2015
6-9 a.m.
400 York Street, Hanover, PA

TESTS AVAILABLE:
• Multiphasic
• Thyroid (TSH)
• Glyco (A1C)

We no longer offer the PSA (prostate) test. Please discuss specific personal recommendations for prostate health screening with your health care provider.

Pre-registration and 12 hours of fasting required.

REGISTRATION:
August 3 – August 28 (or until registration is full).
For information or to register online, go to www.HanoverHospital.org > Community Health, or call (717) 316-7146.

ENJOY THE GREAT OUTDOORS SAFELY
HANOVER EARLY STAGE SUPPORT GROUP
Mondays, September 14 – November 2, 2015 — 9 - 11 a.m.
York Street Medical Center, 400 York Street, Hanover, PA
For persons living with Alzheimer’s disease or another related dementia and their care partners. Connect with others who understand and are having similar experiences.
Facilitated by Jennifer Holcomb, Memory Care Director at Cross Keys Village and Mary Flinner, Social Services Director at Hanover Hospital.
Registration is required. Please call Jennifer Holcomb at (717) 624-5474 by August 28.

OPEN HOUSE! “DELAY THE DISEASE: THE #1 PARKINSON’S EXERCISE PROGRAM”
Tuesday, September 1, 2015 | Medical Fitness Center
Join us to learn about this exercise program that will begin on September 8 and run for 12 weeks. For more information, please call (717) 316-2155.

REMNINDERS
» Pick up a monthly calendar at the front desk for scheduled facility closures and activities.
» No open wounds in the pool.
» Fill out your exercise flow sheet/pool sheet for accurate records of your fitness center activity.
» Use the gym wipes to clean off equipment before and after use.
» Swipe your membership card at each visit.
» Hand washing is most effective in preventing the spread of germs.
» Please do not get in the pool if you have a UTI, incontinence, fecal incontinence, or if you have been sick with diarrhea or vomiting.
» In an effort to keep our facility clean and tidy, please clean/pick up the areas where food and coffee are used.

SAVE THE DATE: FRIDAY, JULY 10, 2015
ANNUAL MEMBER SUMMER SOCIAL
York Street Medical Center, 400 York St.
Make time for the health fair and “Living With Dementia” presentation. Look for the signs in the MFC lobby area and sign-up today!

The Medical Fitness Center | Phone: (717) 316-3488  Fax: (717) 316-6022
Many people know they are supposed to wear sunscreen, but not everyone actually uses it on a daily basis. Everyone, no matter their skin color, can get skin cancer. Many skin cancers can be prevented with protection from the sun. The American Academy of Dermatology recommends that you wear sunscreen every day you are in the sun, not just in the summer. It takes 15 minutes for sunscreen to absorb into the skin. If you apply sunscreen while you’re in the sun, you put yourself at risk of a burn. If you use the recommended amount of sunscreen, a shot glass size, a bottle of sunscreen will not last an entire season.

Many sunscreens have expiration dates, and the FDA requires that all sunscreens keep their strength for at least three years. If you find a bottle in your home, and the expiration date has passed, throw it away. Dermatologists recommend SPF (sun protection factor) of at least 30, which blocks 97% of the sun’s rays. Although higher SPFs block more of the sun’s rays, no sunscreen can block 100% of the sun’s rays. Higher SPFs last the same amount of time as lower SPFs, and should still be re-applied every two hours. Water, sand, sweat, and snow will dictate whether or not you should re-apply more often than that. No sunscreen is allowed to claim to be waterproof or sweat proof. You should look for sunscreen with broad spectrum protection (UVA and UVB), has a SPF of 30 or higher, has a skin cancer/skin aging alert, and is water resistant for 40-80 minutes. Soak up some Vitamin D, but make sure you do it with skin safety in mind!

For more information about sunscreen protection please go to: https://www.aad.org/media-resources/stats-and-facts/prevention-and-care/sunscreen-faqs.

Summer is a time to enjoy the great outdoors and spend time with family and friends. There are countless state parks and recreation areas that are available to the public. Many of the parks are close to our area. Locally, these parks provide a variety of family friendly activities.

In addition to Codorus, Samuel S. Lewis and Gifford Pinchot State Parks, there are 11 York County parks, which are part of the York County Government and are governed by the York County Board of Commissioners. The parks offer over 4,300 acres of land, two museums, a nature center, and a historic site.

John C. Rudy Park
East Manchester Township
Rocky Ridge Park
northwest of Hellam
William Kain Park
Springfield and York Townships
Richard Nixon Park
Springfield Township
Spring Valley Park
Shrewsberry, Springfield, and North Hopewell Townships
Heritage Rail
Trail Park
Apollo Park
east of New Bridgefield, southeast York County

Wallace Cross Mill Historic Site
East Hopewell Township
Native Lands Park
High Point Scenic Vista & Recreation Area
Lower Windsor Township
P. Joseph Raab Park
North Codorus Township
Spring Valley Park
Shrewsberry, Springfield, and North Hopewell Townships
Heritage Rail
Trail Park
Apollo Park
east of New Bridgefield, southeast York County

Heritage Rail
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Each park is unique in what they offer the public, but all of the parks offer relaxation, sports, environmental education, history, wilderness, and recreation. There are activities available for all interests. So gather family and friends to enjoy a physically active summer!

For more information please contact:
York County Parks, 400 Mundis Race Road, York PA 17406
Administration: (717) 840-7440
Email: Parks@york.countypa.gov