Black Lives are Valued and Matter Here

Whitney Young Health (WYH) has been rooted in the community since 1971 and is proudly named after Whitney Moore Young, Jr., a civil rights leader who worked to break down barriers of inequality for black Americans. WYH was established as part of the community health center movement (CHC), a key pillar in President Lyndon Johnson’s War on Poverty’s Great Society Program in the mid-60s. Designed to raise our poorest citizens, urban and rural, black and white out of poverty and provide them an opportunity at a much better life, the CHC program provided jobs in low-income communities while it began to chip away at health disparities so pervasive in low-income communities of color.
Very sadly, what's old is new. The civil unrest over inequality in the justice system and efforts to limit voting rights to only people that look like me in the mid-60s was understandable; in light of recent deaths occurring at the hands of law enforcement across the U.S., the current frustration and outrage is very understandable. Since the mid-60s, we have put men on the moon, created the internet to allow us to live in a virtual world and nearly eradicated certain deadly diseases around the globe, but we in so many ways are stuck in the same place we were at when I was a child in the 60s. As It turns out, technology is easy to develop and deploy but when it comes to creating a civil discourse that gets to the core of how we, as a society, peacefully co-exist, and, more importantly, thrive in harmony with our brothers and sisters of all races, we fall flat on our faces.

It is incumbent upon each of us to remember that we can't create healthier communities without attending to the health of the soul of the community we serve and doing our individual part to set the tone of intolerance for injustice. I truly believe that many of us at WYH, and CHCs around the country, have answered a call that puts us in these roles at this moment in history so that we can help others rise above the anguish and injustice and facilitate harmony in the communities we have been entrusted to care for. In that spirit, we at WYH stand with our brothers and sisters of color and reinforce that for WYH, since our founding, black lives have mattered and will continue to matter. We stand on the side of justice and equality for those we serve as patients and those we welcome into our WYH family every day as co-workers and colleagues.

As we have for nearly fifty years, WYH will continue to embrace all those that seek our assistance, regardless of their race, who they love, who they worship and how little wealth they may possess. We will continue to insist that our staff and our patients respect one another and that we each do our part to carry on the legacy of the work Whitney Moore Young, Jr. did in the 70's to foster unity in communities and to recognize each person's worth as a human that was blessed with a heart, mind and soul. In his own words, I encourage each of us to “Support the strong, give courage to the timid, remind the indifferent, and warn the opposed.”

David H. Shippee  
CEO & President
Whitney Young Health receives $50,000 for COVID-19 relief through the Community Foundation and the United Way

Whitney Young Health is the recipient of a $50,000 grant from the Community Foundation of the Greater Capital Region in conjunction with the United Way of the Greater Capital Region.

The grant, which is part of the Community COVID-19 Response Fund, goes directly to our COVID-19 relief efforts, helping to fund everything from Personal Protective Equipment (PPE) for our staff, to our community-based COVID-19 testing centers, as well as improvements to our health center reception areas to help continue to keep patients and staff safe.

Thank you to the community, who donated to this fund, and to The Community Foundation and the United Way for their generosity.

THANKS ALL AROUND

Top: Albany Health Center Nurses.
Left: WYH CEO & President David Shippee.
Right: Behavioral Health Program Staff.

Safety comes first at Whitney Young Health

The COVID-19 pandemic has put the health and safety on everyone's minds. Staying home, social distancing, wearing masks and frequent hand-washing have all become part of our daily routines to prevent the spread of the virus. But preventing COVID-19 is only one part of staying healthy.
• Babies and children must be kept up-to-date on immunizations to decrease the risk of vaccine-preventable diseases and to ensure that they can enroll in school.

• Well-baby visits and physicals for children help to make sure that kids are meeting their age-appropriate milestones and staying strong and healthy.

• Chronic diseases and conditions such as diabetes and high blood pressure require routine care and regular monitoring.

Safety comes first at Whitney Young Health. Whitney Young Health understands the safety concerns of our patients, and we share the same concerns. That's why we have taken numerous steps to keep our patients and our staff safe, protected and healthy at our facilities.

• All staff, patients and visitors are screened for COVID-19 symptoms, including having temperatures taken, before entering any of our facilities.
• Our buildings are cleaned and disinfected thoroughly and often.
• No one can enter the building if they are not wearing a mask.
• We have created longer appointment times to allow for additional time in between appointments.
• We are instituting an open access appointment system that will allow patients to book same-day or next-day appointments, which reduces the volume of people in our waiting rooms.
• Our staff practices social distancing and wears protective gear.
• All COVID-19 testing takes place outside and away from our building.
• Telehealth appointments are also available. If a patient is too ill to come to the health center, we can schedule a virtual office visit through a computer or smartphone.

To schedule an appointment, please call (518) 465-4771.

Whitney Young Health's Spring Community Appeal

We are here for our community. For 49 years Whitney Young Health has been committed to providing affordable quality health care, without
regard to a person’s income. During this public health crisis, our mission remains top priority and we are working tirelessly every day to meet the health needs of our community.

Helping people maintain their health makes our community better. Although some of our programs have been temporarily suspended, we continue to provide medical care and emergency dental services, as well as mental health therapy. Pandemics do not erase the effects of addiction, and therefore we continue to serve those who seek treatment for their substance use disorder throughout this ordeal. Additionally, we have answered the call by providing Community-Based COVID-19 testing to reach residents who have been disproportionately affected by the pandemic, particularly low income people of color.

Your support makes us better and we need your help as we prepare for significant losses in revenue, increased expenses due to added telehealth technology and unexpected challenges in the coming months. With your help we will be able to sustain the operations of our vital programs and services, and purchase necessary supplies and equipment to ensure that everyone who walks through our doors, or visits us virtually, can safely access all of our services.

Please act now and make a donation to support Whitney Young Health’s response to the COVID-19 pandemic. Your gift is essential as we address urgent health needs of patients seeking care, especially the newly unemployed and uninsured. Thank you for supporting our commitment to caring for our community’s most vulnerable residents, especially during this heightened time of need.

Click to DONATE

WYH brings COVID-19 testing to the community

In April, Whitney Young Health opened a Community-Based COVID-19 testing program in conjunction with the office of Albany County Executive Daniel P. McCoy.

Our Albany Health Center at 920 Lark Drive is home to a site open daily, alternating between
morning and afternoon hours each day, as well as a rotating schedule of mobile sites at locations throughout Albany and Rensselaer counties.

The mobile sites are set up at various locations in underserved communities, where people can arrive by walking or via public transportation. Previously, all testing sites in the Capital Region were drive-through only, making them inaccessible to those without vehicles.

If you or someone you know would like to be tested, please call 518-465-4771 for a pre-screening, (including medical history), appointment and PIN number to bring to your appointment. You do not need to be a Whitney Young Health patient to get tested.

IMPORTANT: Please have your insurance information available when you call.

Who should consider being tested?

Residents who have the following symptoms, or combinations of symptoms:
- Cough
- Shortness of breath

Or at least 2 of these symptoms:
- Fever
- Chills
- Repeated shaking chills
- Muscle pain
- Headache
- Sore throat
- Recent loss of sense of taste or smell

Residents who:
- Believe they had contact with someone who tested positive for COVID-19; or
- Have traveled internationally or to the NYC area or surrounding counties in the last 14 days

If you are a healthcare worker, you automatically qualify for testing without meeting the other criteria.

For information on testing times and locations, updated weekly, click HERE.
National Nurse's Week: May 6 - 12, 2020

National Nurse's Week is an annual celebration of nurses' skills, connection to patients, and commitment to keeping people healthy. Whitney Young Health's nursing staff are always amazing, and now even more so as they have risen to the unforeseen and unpredictable challenge of the COVID-19 pandemic. They have shown knowledge, compassion and caring under difficult and ever-changing circumstances.

WYH appreciates everything our nurses do to make sure that our patients receive the best care now and at all times. We are grateful to our nurses, not just during Nurse's Week, but all year round!

"Happy Nurse's Week" banners were hung at all Whitney Young Health locations and nurses were celebrated with lunch and small gifts from their supervisors.

Clockwise from top left: Albany Health Center nurses; Methadone Maintenance and Treatment Center (MMTP) nurses at the Harry & Jeanette Weinberg Treatment Center in Albany; nurses and support staff from the Watervliet and Troy Health Centers at Watervliet; and nurses at a COVID-19 mobile testing site.
Whitney Young Health in the Community

Saluting our Healthcare Heroes

The COVID-19 pandemic has brought numerous changes and challenges for staff at Whitney Young Health as they do extraordinary work while making sure that our patients and providers stay safe and healthy.

To demonstrate our pride and gratitude for all to see, banners celebrating our healthcare heroes were put up at all of our locations: the Albany Health Center, Albany Dental (currently operating on an emergency-only basis), the Harry and Jeanette Weinberg Substance Use Treatment Center, the Watervliet Health Center, and the Watervliet Administrative office.

THANK YOU to our doctors, nurses, dental personnel and all of the clinical staff on the front lines, as well as to all of the other amazing staff from admin to IT to information assistants and beyond, who keep things running smoothly at this challenging time.

"Ear Savers" to the rescue

Whitney Young Health clinical staff have been working long hours under stressful conditions to continue to provide quality healthcare to our patients during the COVID-19 pandemic. In order to protect themselves and their patients, the providers must wear Personal Protective Equipment (PPE) at all times, including protective gloves and facemasks.
The constant wearing of masks, however, can become uncomfortable as the loops of the masks that go around the ears often rub, causing chafing and soreness.

After seeing a Facebook post about “ear-saving” headbands with buttons sewn on either side to hook the loops of a mask around, Jenna and Karen, who work at WYH Albany Health Center decided to make some of these simple but clever items for staff.

Although initially they only made a few of the special hairbands due to a scarcity of buttons and bands, they were a big success with those who wore them. Now that Amazon has delivered the crafting supplies needed, Jenna plans on making one for each of the nurses, plus a few extras for any other providers who might need them.

### Thanks for Lunch!

The COVID-19 mobile testing crew received an unexpected (and delicious) surprise when staff from the [South End Children’s Cafe](http://www.southendchildrenscafe.com) brought them pizza for lunch.

*Left: The testing crew hold up thank you signs to express their gratitude to the Children’s Cafe, located across the street from the mobile testing site at Capital South Campus on Warren Street in Albany.*

On Friday, May 8, [Frontline Friends](http://www.frontlinefriends.org), a Facebook group created to support first responders and medical professionals during the pandemic, delivered lunches to Whitney Young Health.

The boxed lunches were brought to our Albany Health Center and then distributed to staff at all of our locations by Human
Resources personnel. Thank you to Frontline Friends for a welcome break and show of appreciation for the hard work put in by our staff!

*Right:* Nurses pick up their lunches in the break room at the Albany Health Center. The boxes contained a choice of chef’s salad or popcorn chicken salad with sides of fruit, dessert and chips.

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**COVID-19 Updates**

COVID-19 has caused temporary changes to our services and procedures.

To learn more, please click the button to the right.

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**COVID-19 Information**

Updates will be posted on the COVID-19 page on our website, so please check in regularly.

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Whitney Young Health
(518) 465-4771 | info@wmyhealth.org | www.wmyhealth.org | Donate

Connect with Whitney Young Health