WHITNEY YOUNG HEALTH

WHITNEY WIRE

MAY 2024

Whitney Young Health's Monthly Employee Newsletter

A Culture of Respect: WYH Standards of Behavior

This is an incredibly exciting time to be a part of the Whitney Young family. Along with renovations and the addition of new programs and new initiatives, all of us are involved with creating a new WYH culture.

Click this link to hear about our new standards of behavior: https://youtu.be/xR8gPYgeVmU

Our new mission, vision and values as voted on and approved by our Board of Directors in 2023, have been implemented for our organization. Additionally, through the work of many people across the organization, we have introduced new standards of behavior to reflect and support the change in culture.

Over the coming weeks and months, all employees will have the opportunity to share their feedback on these new standards of behavior through discussion, demonstration, and surveys.

Our standards of behavior, which correspond with each of our core values.

Access
- Be a collaborating partner.
- Be responsive to the needs of others.
- Build sustainability.

Empathy
- Be actively present.
- Be compassionate.
- Be supportive.

Innovation
- Be proactive in pursuing creative solutions.
- Be open to change.
- Engage stakeholders in continuous improvement.

Integrity
- Be authentic.
- Be accountable.
- Be a trustworthy and dependable partner.

Respect
- Be considerate.
- Accept others as they are.
- Value yourself and others.

Quality
- Promote a safe space to learn and improve.
- Work together with shared purpose.
- Cultivate a nurturing environment.

Opportunity
- Support a continuous learning environment.
- Foster health literacy.
- Advocate for personal growth.

Whole-Person Care
- Encourage self-determination.
- Promote well-being in others.
- Develop and strengthen interconnection within our communities.

Follow us! Click each logo to subscribe!

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Diversity, Equity & Awareness and Health Observances

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Beltane/May Day *Celtic/Pagan*	2	3 Orthodox Good Friday *Orthodox Christian*	4
5 Pascha/ Orthodox Easter *Orthodox Christian* Yom HaSho'ah/ Holocaust Remembrance Day *Jewish*	6 ***National Nurses Week Begins*** *5/16-5/12*	7	8	9	10	11
12 Mother's Day	13	14	15	16	17 International Day Against Homophobia, Transphobia & Biphobia	18
19 Hepatitis Testing Day	20	21 World Day for Cultural Diversity Dialogue & Development	22	23 Vesak Day *Buddhist*	24	25
26	27 MEMORIAL DAY ***All WYH locations CLOSED***	28	29	30	31	

***** Fasting may be required for some observers.***

****All Jewish and Muslim holidays start and end at sundown.***

Observance Months

- Hepatitis Awareness Month
- Asian American & Pacific Islander Heritage Month
- Jewish Heritage Month
- Mental Health Awareness Month
- National Women's Health Month

My Other Life: Kimberly Henry

Congratulations to WYH Senior Administrative Assistant, **Kimberly Henry**, who was the recipient of the **Empowerment Award at YWCA NorthEastern New York's 2024 Empowerment Awards Gala!**

Held on March 28, 2024 at the Rivers Casino and Events Center in Schenectady, the Empowerment Awards recognize women who have dedicated their lives to empowering individuals and making positive change in the Capital Region and beyond.

As an adult child of alcoholic parents and a survivor of domestic violence, Kimberly believes in helping others heal from their past traumas, especially through the medium of memoir writing. She is a lifestyle and wellness coach who has been a guest on over 20 podcasts, been on numerous panels, and spoken at several summits. She also has a YouTube podcast called "The Kimberly Show"

Kimberly is also the author of a book, which we will tell you more about in an upcoming issue of Whitney Wire!

Kimberly Henry at the YWCA NorthEastern NY's 2024 Empowerment Awards

Would you or one of your fellow WYH employees like to be featured in a future "My Other Life" article? Contact Susan Lovelock at slovelock@wmyhealth.org.

We're looking for volunteers to help celebrate Pride and promote WYH programs and services!

BIPOC Pride

Saturday, June 8

Join WYH in celebrating the Black, Indigenous, and People of Color (BIPOC) LGBTQAI+ Community!

Presented by In Our Own Voices (IOOV), BIPOC Pride kicks off Pride weekend.

Capital Pride Parade & Festival

Sunday, June 9

We welcome our staff, their families and friends to march in the parade!

We also need volunteers to take turns at our WYH info table during the Pride festival after the parade (Noon - 5:00 pm)

Pride doesn't stop there!

WYH will be participating in 2 NEW Pride events in July!
Saturday 7/13 - AfroPride Excellence Gala & 7/14 Collar City Pride, both in Troy.
More details coming soon!

To learn more or volunteer at one or both events, contact Kayla Anderson at ext. 5083 or kanderson@wmyhealth.org

Whitney Community Outreach

In recent months, WYH has stepped up **community outreach** in an effort to create new connections and reinforce established ties with organizations throughout the area. These connections boost our presence in the community, inform people about WYH programs and services, and offer education and resources from our staff experts on health and wellness topics.

Below are some of our outreach events from the month of April.

Troy Farmer's Market

WYH has established a regular schedule to table at the **Troy Farmer's Market**, with staff from various programs taking turns at the table to highlight our services, answer questions, provide activities, and give out flyers, pens, and other items.

Take Back The Night

A **Take Back the Night** walk to end sexual violence was held in Washington Park on April 18. WYH participated by joining the walk and providing an information table.

Hudson Valley Community College

April was **STI Awareness & Prevention Month**, and Emerson Legg of our Safe Care Connections program visited Human Sexuality 101 class at **HVCC** to offer sexual health trivia to the students.

UAlbany

Another Sexual Health trivia session, this time at **UAlbany**. Students showed up for this free event, facilitated by WYH's Safe Care Connections program. Both trivia sessions were run through Kahoot, an online game-based learning platform.

Physical Therapy Open House

An Open House was held on Thursday, April 25, for WYH **Physical Therapy** services, located in our Watervliet Health Center.

When someone has gone through the trauma of an injury, illness, or surgery, Physical Therapy (PT) is often prescribed as part of their treatment plan for recovery. However, many people go without this crucial treatment due to barriers to care such as cost, lack of insurance, or absence of a facility providing these services. Adding PT to our family of services helps to address this need in our community.

At the Open House, Dr. Dayle Carhart-Davis, DPT, PT showed guests the PT gym, answered questions, and was interviewed by a reporter from Channel 10 ***(click here to view video.)***

A last minute change in schedule meant that our other PT provider, Dr. Erin Elkins, DPT, PT, Ed.D., was unable to attend the event, but she is an essential part of our PT team.

Open House guests included NYS Assemblyman John McDonald, representatives from St. Catherine's Center for Children and the Guardian Society of Albany, and many WYH staff who had not yet seen the new facility.

Thank you to everyone who helped to put this event together, and to all who attended!

Right, from top

A welcome sign on the bulletin board outside of the PT facility greets guests; A view of the PT gym; L-R: WYH Director of Marketing, Jeff Watson, Executive Director of the Guardian Society of Albany, Mary Moller, Physical Therapist Dr. Dayle Carhart-Davis, and Events and Community Outreach Coordinator, Kayla Anderson; Assemblyman John McDonald talks with Dr. Carhart-Davis

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New Hires

Andrea Crooks	IT Admin Assistant
Kadasia Sparrow	Admin Resource Specialist
Joshua Haft	IT Support Technician 1
Lorraine Gallo	RN Nursing Supervisor

Encouraging Youth to Pursue a Career in Health Care

Would you like to see your middle-school child enter a healthcare field? NursesMC Capital Region high school can put them on a path to a nursing career. This free, public charter high school offers a hands-on, nursing-focused, college-prep education.

- All students enroll in courses at area colleges and earn FREE credits toward a college degree.
- All students take part in on-the-job clinical experiences and internships.
- All students earn a FREE certified nursing assistant (CNA) or other FREE workforce credentials so they can earn while they learn.

Preparing for a job in healthcare can transform your child's life. They will gain skills and confidence above and beyond what they receive in most traditional high schools. A rigorous, nursing-focused education will position them for college and high-paying, stable employment after graduation.

This new school is currently housed within the beautiful Doane Stuart School in Rensselaer. Students will move to new facilities in Albany starting with the 2025-26 school year.

Learn more at one of the school's community events or apply now at bit.ly/NursesCRApplyNow. It takes only two minutes to fill out an application, but class spots are limited. Don't wait!

THANKS to everyone who contributed items to Whiskers cat rescue in memory of Trisha Quay Ernst.

Whiskers Animal Benevolent League