

To Your Health: April 2018



Whitney Young Health Signs "Prescription for Progress"



Prescription for Progress is a coalition that includes leaders from various industries all across the Capital Region to win the fight against the nationwide opioid crisis.

To learn what the first steps the coalition is taking, read [here](#).

Whitney Young Health Sponsors Hyman Hayes' CANstruction



Whitney Young Health would like to extend their congratulations to [Hyman Hayes Associates, LLC](#) for winning the "Structural Ingenuity" award at the 2018 [Capital Region CANstruction!](#)

The award is given to the team whose structure best utilizes engineering and architectural principles to overcome design challenges.

Want to know how much money and donated canned goods were raised? Read [here](#).

Blood Pressure Awareness with Whitney Young Health



Whitney Young Health has partnered with [Hixny](#) to improve our employee's knowledge about blood pressure monitoring and using the Hixny Patient Portal.

Employees and soon patients are learning what their blood pressure numbers mean, how to self-monitor blood pressure, how to prevent and control hypertension and how to utilize the patient portal to log in their BP numbers electronically

WYH Spotted in the Capital Region



At the latest [Healthy Capital District Initiative](#) PHIPAC Meeting, Lillian Doscocz, presented WYH's Self-Monitored Blood Pressure Program.

The program has been a great success with our patients due to a collaborative approach with the county and state health departments when promoting patient engagement in monitoring their own BP and learning a healthier lifestyle through education sessions with a nurse.



At this year's [National Association of Community Health Centers](#), David Shippee, Whitney Young Health's President & CEO and Mercedes Teague, member of our Board of Directors, presented an award to Congressman Paul Tonko for his continuous support for local community health centers.



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

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