

# To Your Health: September 2018



## Whitney Young Health Celebrates 2018 Legacy Event

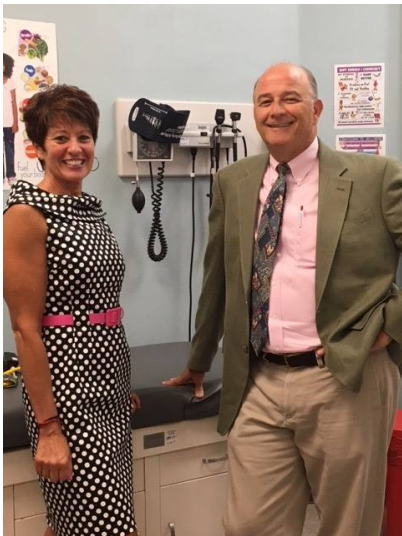


Thank you to everyone who came out and joined us in honoring Dr. Virinchi R. Bala of Whitney Young Health with the Living the Legacy Award and Dr. Lori S. Caplan, Superintendent of [Watervliet City Schools](#) with the Community Partner Award at our annual fundraiser, the [Legacy Event](#) on September 20th.

The decades of good our two honorees have done will be felt by the Whitney Young Health community and the Capital Region as a whole for years to come.

Were you Seen at the Legacy Event? Check out the photos from the event [here](#).

## Whitney Young Health, Watervliet City Schools Announce Partnership During National Health Center Week



Whitney Young Health and [Watervliet City Schools](#) have come together to open a [School-Based Health Center](#) for all students in the district.

The school-based health center provides primary and preventative medical services to students enrolled in the program and promotes the overall health of the child. Services are based on the community needs and can include primary medical care, dental care, mental/behavioral health and health education and promotion. Students can be treated for illnesses such as flu or strep throat or chronic conditions like asthma and diabetes.

Read more about the new Watervliet School-Based Health Center [here](#).

Want the latest news from Whitney Young Health at your fingertips?



Follow us on Twitter [here](#).

---

## Hundreds of Capital Region Children Receive Free School Supplies from Whitney Young Health, Fidelis Care



Whitney Young Health and [Fidelis Care](#) hosted two Back to School Readiness event for Capital Region children in need at the end of August. The events took place at both our Albany and Troy Health Centers.

The events was open to all Capital Region families. Fidelis invited about 500 children who were in need of a physical or important vaccinations for them to be ready to attend school. WYH had pediatric providers on-site to see

patients immediately or to schedule appointments for a later date.

---

## Whitney Young Health WIC Hosts Baby Shower Thanks to Community Donations



In celebration of World Breastfeeding Week, [Whitney Young Health WIC](#) hosted a Community Baby Shower for WIC participants to learn more about breastfeeding during World Breastfeeding Week.

Dozens of families who are currently expecting babies and have young children attended

the event to play some games, eat some great food and win prizes. Due to the community's support, every family who attended went home with much-needed care packages with baby items!

Read more about the community coming together to support WIC [here](#).

---

## Whitney Young Health in the Community





Whitney Young Health's Harry & Jeanette Weinberg Treatment Center staff, as well as some patient supporters, joined together at the 28th Annual Treatment & Recovery Works March in September.

As one of the original co-founders of the march, WYH participates every year to support those who are in recovery from both alcohol and substance use addiction.



Teamwork makes the dream work! Our [School-Based Health Center](#) staff and [The RED Bookshelf](#) put together a new red bookshelf with newly-mended books that were donated. The bookshelf is for our School-Based Health Centers at [Albany City Schools](#).

Students have the opportunity to take home these book to help build their own personal libraries.



Our Medical Assistants, who are a part of our [Community-Based Programs](#) team, had a wonderful time at the [Marillac Family Shelter's](#) Community Day!

With the help of Katrese from the [Healthy Capital District Initiative's Asthma Coalition](#) of the Capital Region, the kids participated in an asthma obstacle course that taught them about controlling triggers.



Julianna and Nyasha, WYH volunteers who are also a part of [Girls Inc. of the Greater Capital Region's Eureka!](#) program, have completely transformed our pediatric exam rooms with their "Under the Sea" and "Space" themed murals. We can't wait to see what they come up with next!



