

HEALTH AND WELLNESS



There are many critical pieces to the relocation puzzle — finding a home, deciding where to live in York County, finding new jobs, enrolling the kids in school — all of these elements are significant decisions that get made along the way. Relocation is more than a new house in a new town. Relocation builds a new life filled with new friends, new places and new traditions. Before you start to pack your boxes, you need to think about the second stage of decisions — the decisions that affect your overall mental, physical, emotional and spiritual wellness. York County is naturally diverse in both its residents and its offerings. From top-notch general and specialty medical facilities to a large variety of places for worship to neighborhood councils dedicated to building and growing communities — York truly focuses on your overall health and wellness.

Healthcare

Unique for a community of its size, York County boasts several first-class hospitals: York Hospital (part of WellSpan Health), Memorial Hospital and Hanover Hospital.

York Hospital is the largest facility in the area and the only regional trauma center for York and Adams Counties. The 558-bed community teaching hospital is consistently recognized as one of the top 100 hospitals in the nation, having won that designation again recently. The facility

serves over 520,000 people in south central Pennsylvania and employees more than 3,400 with nearly 700 professionals on their Medical and Dental staff.

In May 2009, York Hospital broke ground on the new Medical Education Pavilion. The Pavilion, scheduled to open late in 2010, will be a welcome addition to the teaching hospital. York Hospital has a nationally recognized program and houses seven residency programs in addition to a variety of health training programs and allied health schools.

York Hospital continues to add services, programs and state-of-the-art facilities to its already diverse medical, behavioral, specialty care and surgical offerings. In June 2009 the hospital opened its new Vascular Lab. The lab utilizes cutting-edge technology to minimize patient backlog and more quickly address cases. The hospital expects to move hundreds of cases out of the general operating rooms and into the lab.ⁱ

WellSpan, the parent company for York Hospital, has eight different health center locations throughout the county. WellSpan offers a large variety of classes on their "Health and Wellness Class Calendar." Family Programs, Childbirth classes, seminars in Women's Health and more — WellSpan focuses their efforts towards making a person healthier — body, mind and spirit.ⁱⁱ

Memorial Hospital has been the recent recipient of a different kind of award — it was one of two organizations within Pennsylvania to be recognized as a 2009

Psychologically Healthy Workplace Award from the Pennsylvania Psychological Association. Memorial has been previously recognized as one of the best places to work in all of Pennsylvania. If the hospital staff is content, you can be sure they will go the extra mile for the comfort of their patients as well. In fact, Memorial prides itself on patient satisfaction. They value constant patient feedback and often put patient ideas into practice in continuous efforts to improve upon an already top-notch facility. As an illustration of this dedication, they were recognized as being one of the top 10 Hospitals of the Year by the American Alliance of Healthcare Providers. This evaluation selected the top 10 hospitals out of 1,000 hospitals nationwide.

"When Performance Counts" you can count on Hanover Hospital! The not-for-profit, 111-bed hospital focuses on the needs of the patient through a combination of state-of-the-art technology and old-fashioned personal care. Their efforts and methods work — as Hanover was recently rated "Best in the Area" in maternity by HealthGrades, the nation's leader in health care ratings and statistics.ⁱⁱⁱ Hanover boasts a top-notch maternity program, complete with certified nurse midwives, first-rate care and private rooms for maximum comfort during delivery and recovery.

York County is also home to Orthopaedic & Spine Specialists. OSS has state of the art facilities in five locations throughout the South Central Pennsylvania area. OSS specializes in orthopedic and spine injuries from diagnosis to treatment and rehabilitation. Back, neck and muscle pain, fractures, strains, sprains, sports injuries and pinched nerves are all treated under one roof. York County health services are comprehensive and address nearly all of your medical needs. If you are searching out specialized or rare treatments, world-renowned Johns Hopkins is just

about an hour down Route 83. York is also close to several nationally-ranked and recognized hospitals in the Greater Baltimore areas as well as Hershey Medical Center and just over two hours from Philadelphia Children's Hospital.

Religion and Spirituality

For new residents looking to find a faith community, the York County Council of Churches is an excellent resource. York is home to many religious denominations. From Roman Catholic, Jewish and Greek Orthodox to Methodist and Evangelist — you can find your faith in York. For help finding a community in faith that is the right fit for you, visit www.yccchurches.org.

Volunteering

It does not matter where you live throughout the Commonwealth — there are a variety of volunteer opportunities available to you. A happy Yorker is an involved Yorker — and there is a lot going on in each community in which to be involved! In fact, Volunteerism is so big in York County, that it has its own website — www.GiveALittleBit.org. Through the United Way sponsored GiveALittleBit.org, Yorkers can actually search for different volunteer opportunities. You can become a part of "Neighbors Helping Neighbors" and give back to those around you in your community. The United Way of York sponsors a "Day of Caring" in the fall.

You can obtain more information through Free Information and Referral System Teleline (FIRST), which maintains a directory of local nonprofit groups and services. The companion web site, www.1st.org lists over 1,000 non-profit services throughout York County. To find a list of volunteer opportunities online, visit <http://www.1-800-volunteer.org>.

Recreation Councils

Involvement in your community is key. Volunteerism is a great way to be involved and do something you enjoy — but when it comes to extra-curricular activities for you and your family, sometimes you need the structure of an organized sport or dance lessons. York has recreation councils throughout the county. Contact your local township or borough for additional information. •

i Information on York Hospitals' Vascular Lab: <http://content.wellspan.org/breakingnews/default.aspx?pageid=8150>

ii WellSpan classes: <http://www.wellspan.org/body.cfm?id=103>

iii HealthGrades: http://www.hanoverhospital.org/pages/svcs_women_maternity.asp

WHAT A FAMILY NEEDS!

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- Northeastern
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- Red Lion Area
- South Eastern
- South Western
- Southern York County
- Spring Grove Area
- West Shore
- West York Area
- York City
- York Suburban



