

# Community PARTNERSHIP NEWSLETTER

Volume I, Issue VI

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July 2006



Bloomfield Garfield Corporation

Career & Workforce Development Center– East

East End Cooperative Ministry

Eastside Neighborhood Employment Center

Friendship Preservation Society/Friendship Development Associates

Interfaith Volunteer Caregivers of Southwestern PA

Lawrenceville Corporation

Lower Bloomfield Unity Council

Parental Stress Center

Urban League of Pittsburgh

Ursuline Senior Services

Vintage

The Western Pennsylvania Hospital

## FAITH Healing Educational Program Will Build Healthy Congregations

Man does not live by bread alone. But, knowledge of proper nutrition, healthy exercise habits and information on disease prevention can help to keep us well and healthy.

The Health and Wellness Committee of The Western Pennsylvania Hospital Community Partnership is launching a new initiative geared toward helping local worship centers promote healthy lifestyles.

The FAITH Program (Fitness And Information Transform Health) will provide representatives from congregations in Pittsburgh's East End

with educational materials, training and expert speakers so that they may host health seminars



for their members.

More than 19 people from nine churches attended a breakfast meeting on May 11 to learn more about FAITH.

West Penn Hospital, the American Heart Association, the American Diabetes Association and the American Cancer Society collaborated to create six educational modules:

- Activity for Life
- Bread of Life (Nutrition)
- Blood Pressure
  - Stomp Out Stroke
- Diabetes
- Cancer

The Health and Wellness Committee is seeking commitment forms from interested congregations and will begin training coordinators in August. Congregations may begin hosting seminars in September.

If you are interested in bringing The FAITH Program to your congregation, please call Christy Wenger at 412-578-5142.

## E-Fest Turns its Focus to Kidz

When the East Liberty community thinks of summer, thoughts of E-Fest come to mind.

Nine years ago, East End Cooperative Ministry (EECM) gathered a group of 10 teenagers and through a program called Youth Business Initiative (YBI), trained these teenagers to plan and implement a two-day arts festival – E-Fest. Each teenager learned invaluable lifetime skills.

Since E-Fest began, this

event has created great positive energy in the community. Unfortunately, for the last two years, E-fest organizers also had to face some disruptions due to teen violence. Because of this, EECM decided to make some changes to the format of the festival to create a safer environment for attendees and give the event a fresh start.

The Festival, Kidz-E-Fest, will be held Saturday, **July 15, 2006** from noon to 6 p.m. at the Peabody High

School field. The wide array of children's activities, geared to youth younger than 12, includes games with prizes, supervised art activities, inflatable obstacle courses, live entertainment, and a community mural that children will paint. All activities will be free. Literature about community resources will be available.

Come and see the positive impact Kidz-E-Fest will have on our community and its young people!

## Upcoming Events

### Dine & Donate for Interfaith Volunteer Caregivers

You can make a donation to support Interfaith Volunteer Caregivers of Southwestern Pennsylvania (IVC) simply by enjoying a meal at a local Eat 'n Park restaurant from **July 15 through August 26**.

Through Eat 'n Park's Dine and Donate Program, IVC will receive 10 percent of your guest check every time you dine at a participating Eat 'n Park during the campaign and present the IVC flier. Please call 412-687-6712 to receive a flier and to find a participating Eat 'n Park near you.

### Diabetes Education Classes

The Joslin Diabetes Center at West Penn Hospital offers a variety of education classes to patients.

*Nutrition* offered from 2 to 4 p.m. on Mondays and from 10 a.m. to noon

on Fridays.

*The Right Weight for a Healthier You* offered from 3 to 4 p.m. on Tuesdays.

*Starting Insulin Class* offered from 10 to 11:30 a.m. on Wednesdays.

*5 Star (Self Management)* offered from 1 to 3 p.m. on Wednesdays.

*Self Management Class* offered from 1 to 5 p.m. on Thursdays.

Please call 412-578-1724 to confirm class dates, to register or for more information. Evening classes are available on Thursdays for many courses and additional classes are available to meet individual needs. Classes are held at the Joslin Diabetes Center, 5140 Liberty Avenue.

### Friendship House Tour

The Lucky 13<sup>th</sup> Annual Friendship House Tour will take place **September 24**, from 11 a.m. to 5 p.m.

This year's Tour features homes throughout the neighborhood and the Pittsburgh Montessori school, located in the former Friendship Academy Building at Friendship, Graham and Roup Avenues.

The tour includes a grand selection of homes, from row-houses to Victorians, a home featured on HGTV's "Generation Renovation," and a business with a facade decorated by kids.

Tickets are \$12 in advance and \$15 the day of the event. Tickets can be purchased at the Friendship Development Associates Office (5530 Penn Avenue), other featured locations, or on the day of the event. The self-guided tour takes 2 to 3 hours to complete on foot, and trolley tours will depart from the registration area at Pittsburgh Montessori. For additional information call 412-441-6147.

## ACHD Offers Free Smoke Detectors to Needy Families

The Allegheny County Health Department is seeking requests for free smoke alarms, especially from residents of 14 areas with a high incidence of fires.

The areas include Braddock, Duquesne, McKeesport, North Braddock, Rankin, Whitaker, Wilksburg and the Pittsburgh neighborhoods of Allentown, Beltzhoover, Hazelwood, Homewood, Lincoln-Lemington, Marshall-Shadeland and Perry South.

The number of structure fires in these communities last year ranged from 1.7 to 4.9 per 1,000 housing units, well above the countywide fire rate of 1.0.

The program provides smoke alarms powered by built-in lithium batteries that are designed to last ten years. The alarms come with free installation and fire safety education that emphasizes the importance of having and practicing a household fire escape plan.

To schedule an installation, call the Health Department at 412-247-7800.

Funding for the program is provided by the Pennsylvania Department of Health.



### New Link for Senior Services

Allegheny County Department of Human Services and the Governor's Office of Health Care Reform are streamlining access to services and supports for senior citizens.

Allegheny Link provides assistance to consumers who are seeking services and making long-term living decisions. Services include program-eligibility screening, information and referral, benefit and options counseling and application assis-

tance. Individuals who are at least 60 years old or are living with a disability or those who support individuals age 60 and older or who are living with a disability are eligible.

Allegheny Link accepts walk-in referrals at the office located on the first floor of the Human Services Building, One Smithfield Street. Telephone inquiries are taken at 1-866-730-2368 (Voice) or 412-350-5205 (TTY) from 8:30 a.m. to 4:30 p.m., Monday through Friday.

### Visit Us on the Web

For more information on The Western Pennsylvania Hospital Community Partnership, please visit our website at:

[www.wpahs.org/wph/partnership](http://www.wpahs.org/wph/partnership)

The site contains information on community events and a variety of resources that are available to residents of Pittsburgh's East End neighborhoods.