

FEBRUARY

2015

HILL 365

Hill District 365 is a community initiative to encourage our neighbors to participate in available health services and programs throughout the year so that they can live their best life possible. Healthy communities do more than just exercise and eat right, they focus on all five areas of health.



BODY
Physical and
Nutritional Health



MIND
Mental and
Emotional Health



SPIRIT
Spiritual
Health



HOME
Environmental
Health



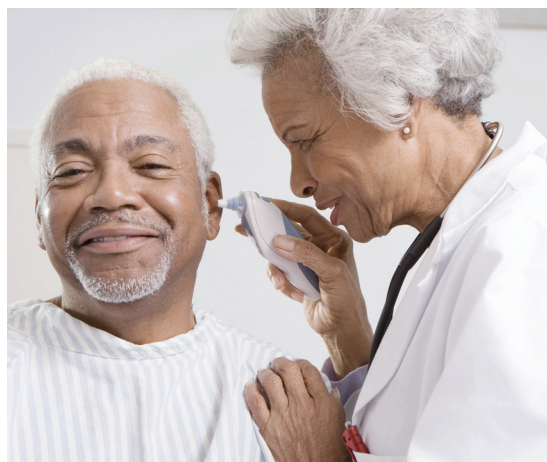
MONEY
Financial
Health

Can You Hear Me Now?

THE IMPORTANCE OF AUDIOLOGICAL HEALTH

Hearing is something many take for granted, however, this is something you should have checked at least once a year if you are between the ages of 21 - 60. Newborns are routinely tested at birth as part of the Newborn Hearing Screening Program. Audiological health not only includes hearing loss, but hypersensitivity to sound, which is diagnosed as hyperacusis and Tinnitus (noise in your ears) as well. Hearing impairment can have a negative effect on your cognitive, psychological, and social health.

Don't let the absence of health insurance or funds detour you from attending to your hearing needs. The University of Pittsburgh Medical Center (UPMC) offers a free Telephone Hearing Loss Screening. Callers will be informed of their hearing results at the end of the phone call and the steps they can take to remedy their hearing impairment. For more information on the services UPMC provides at its seven locations in Pittsburgh, call: (412) 647-2030



DID YOU KNOW?

About 2 to 3 out of every 1,000 children in the United States are born with a detectable level of hearing loss in one or both ears.

More than 90 percent of deaf children are born to hearing parents.

Men are more likely than women to report having hearing loss.

Hearing impairment is the 3rd most commonly reported chronic problem plaguing adults 65 years and older.

**statistics compiled by the national institute on deafness and other communication disorders (nidcd).*

Take Charge Of Your Health Today. Be informed. Be involved...

CTSI Partnership:

The February 2015 "Take Charge of Your Health Today." page will focus on hearing, especially in the older population. The featured researcher will be Catherine Palmer, PhD, University of Pittsburgh Associate Professor and Director of the Audiology and Hearing Aids, UPMC. One of her research interests is matching technology to individual patient needs. The health page will also feature information and resources from the Center for Hearing & Deaf Services, Inc. located in Pittsburgh. Esther Bush, President and CEO of the Urban League of Greater Pittsburgh, will also provide a commentary.

Learn more at www.newpittsburghcourieronline.com.



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Healthy Communities 365
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For more information visit healthycommunities365.org
or call 412-802-6737.

FEBRUARY
EVENTS:

Tuesdays and Thursdays

Free Services at the Health Education Office

12:00 – 3:00 p.m. (Tuesdays)

and 12:30 – 3:30 p.m. (Thursdays)

The Urban League of Greater Pittsburgh Health Education Office

610 Wood St (3rd floor), PGH 15222

The Health Education Office (HEO) at the Urban League of Greater Pittsburgh offers preventative health services free of charge.

For more information, please contact Vianca Masucci at 412-227-4219.



Friday, February 20

De-escalating Young Children in Crisis

9:00 a.m. – 12:00 p.m.

Hill House Center, 1835 Centre Ave, PGH 15219

This course will explore a range of de-escalation techniques designed for use with young children who are experiencing significant emotional or behavioral distress. Participants will be presented with skills that will allow them to effectively intervene when young children become emotionally charged and difficult to manage. Techniques for reducing the risk for escalation will be outlined. Registration required through the PA Keys Registry at www.pakeysregistry.org. For more information, please contact Patrick McKelvey at 412-383-2225 or mckelvey@upmc.edu.



Friday, February 6

Trauma and Early Childhood

9:00 a.m. – 12:00 p.m.

Hill House Kaufman Center, 1835 Centre Ave, PGH 15219

This course will outline the concept of traumatic stress, symptoms of trauma in young children and the potential impact on their development. Using concepts from the National Child Traumatic Stress Network, participants will conceptualize traumatic stress in young children through case examples. A broad range of trauma-informed practices will be presented. Registration required through the PA Keys Registry at www.pakeysregistry.org. For more information, please contact Patrick McKelvey at 412-383-2225 or mckelvey@upmc.edu.



Thursday, February 26

Lunch & Learn

12:00 – 1:00 p.m.

The Urban League of Greater Pittsburgh Health Education Office

610 Wood St (2nd floor), PGH 15222

The Health Education Office (HEO) at the Urban League of Greater Pittsburgh, in partnership with the University of Pittsburgh Clinical and Translational Science Institute (CTSI), hosts a Lunch & Learn event the last Thursday of every month focusing on better health and lifestyle management. February's topic is Hearing. Lunch will be provided.

For more information about this or other health education events, please contact Vianca Masucci at 412-227-4219.



Monday, February 2

Skills for Success: Online Job Searching

12:00 – 2:00 p.m.

Downtown Carnegie Library, 612 Smithfield St, PGH 15222

Skills for Success is being led by the Job & Career Education Center at the Downtown Carnegie Library. This free class will help you set up a plan for your online job search, introduce you to major job search websites and provide you with insight into the online application process. This is a free event at the Carnegie Library located at 612 Smithfield Street. Visit www.carnegielibrary.org/events/ and search "Skills For Success" or for more information, please contact the Downtown branch at 412-281-7141 or downtown@carnegielibrary.org.



Free Services from Duquesne University's The Center for Pharmacy Services

The Ask the Pharmacist Program provides encouragement and accountability to help residents reach their health goals. Seniors meet with our highly qualified pharmacy team for a monthly visit, including full medication review, goal setting, and health screenings. Join us at these locations:

Monday, February 2

11:00 a.m. – 1:00 p.m.

Bedford Hill Apartments, 2129 Bedford Ave, PGH 15219

Wednesday, February 11

11:00 a.m. – 1:00 p.m.

Legacy Apartments, 2121 Centre Ave, PGH 15219



Saturday, February 7

National Black HIV/AIDS Awareness Day – All Day!

February 7, 2015 marks the 15th year for National Black HIV/AIDS Awareness Day (NBHAAD), a national HIV testing and treatment community mobilization initiative targeted at Blacks in the United States. NBHAAD was founded in 1999 as a national response to the growing HIV and AIDS epidemic in African American communities. The theme this year is "I am my Brother/Sister's Keeper: Fight HIV/AIDS." We have to challenge the mindset in our homes, communities, workplace, churches, mosques and temples, because we all need to take a stand against HIV/AIDS.

For more information and how to get involved, please contact Beth Ann Cushman at 412-471-7760.



Wednesdays, February 4, 11, 18, 25

Kids Club

3:45 – 4:45 p.m.

Hill District Carnegie Library, 2177 Centre Avenue at Kirkpatrick St, PGH 15219

Kids Club programs include crafts, games, books, technology, and more. Meet new friends, hang out with old friends and try something new! These free events are recommended for children in grades K-5. Visit <http://www.carnegielibrary.org/kids/events/> for more information.

For more information, please contact Hill District Carnegie Library at 412-281-3753 or hilldistrict@carnegielibrary.org



Wednesday, February 11

Eucharistic Liturgy

12:00 p.m.

UPMC Mercy, 1400 Locust St, PGH 15219

The Catholic Diocese of Pittsburgh and UPMC Mercy cordially invite you to attend a Eucharistic Liturgy celebrated by Reverend David A. Zubik, Bishop of Pittsburgh, for the "World Day of the Sick." This event is being held in the Holy Family Chapel at UPMC Mercy. There will be tea and cookies to follow the liturgy. For more information, please contact Phyllis Grasser at 412-232-7625.



Wednesday, February 11

Mind Over Body

6:00 – 7:00 p.m.

Magee-Womens Hospital of UPMC, Suite 5600, 300 Halket St, PGH 15213

Keep up with your New Year's resolution! UPMC BodyChangers offers many classes and events to help you achieve and maintain your weight loss goals. This class, Mind over Body, led by a lifestyle coach, is designed to help you develop strategies for permanent weight control.

For questions and class registration, e-mail bodychangers@upmc.edu or call 855-BODY-CHG.



Wednesdays, February 4, 11, 18, 25

3:00 – 5:00 p.m.

Focus Pittsburgh, 2228 Centre Ave, PGH 15219

Health & Wellness Educational Talks and Health Screenings

Thursdays, February 5, 12, 19, 26

10:30 a.m. – 12:00 noon

Hill House Senior Service Center, 2038 Bedford Ave, PGH 15219

Fridays, February 6, 13, 20, 27

Nutritional Counseling

11:00 a.m. – 1:00 p.m.

Shop-N-Save Lobby, 1850 Centre Ave, PGH 15219

Meet with your pharmacy team to learn about food labels, and what foods to eat if you have diabetes, heart disease, and other chronic conditions. Let us shop with you and receive a free pocket magnifier.

For more information on The Center for Pharmacy Services events, please call 412-246-0963.

All Month!

Asthma Health Research Study

University of Pittsburgh Asthma Institute

Have you, or someone you know, been diagnosed with asthma? Drs. Sally Wenzel and Fernando Holguin at the University of Pittsburgh Asthma Institute and Children's Hospital of UPMC would like to talk with you about a research study for African American children and adults with asthma. The purpose of the study is to improve the health of African-American asthmatics. Asthma medication and lung function tests are provided at no cost and you don't need health insurance to participate. Compensation will be provided at each visit. Visit www.asthmainstitute.pitt.edu for more information or contact Jackie Dixon, MPL, or Mary Fisher at 412-647-9955 or asthmainstitute@upmc.edu.



All Month!

Your local YMCA features numerous classes and events each month to keep you in tip top shape! Classes include cycling, hip hop, Tai Chi, Pilates, swimming lessons, Yoga, tons of activities for older adults, open gyms and open & lap swim sessions! Visit www.ymcaofpittsburgh.org/schedules-forms/ or contact your nearest YMCA to sign up for one of these classes today!

