

FEBRUARY

2015

PGH 365

Pittsburgh 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



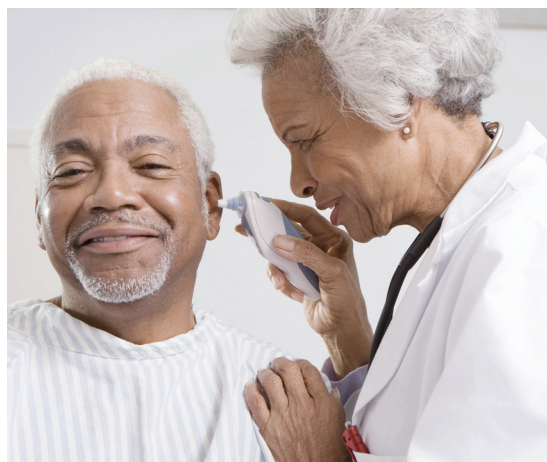
MONEY
Financial Health

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:

PGH 365 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.



Tuesdays, February 3, 10, 17, 24

Free HIV Testing at PERSAD

12:00 – 7:30 p.m.

Persad Center, 5150 Penn Ave, PGH, 15224

Get tested and learn your results in one visit. The Ora-quick rapid test is an oral swab, needle-free test. Pre- and post-test counseling helps reduce the anxiety people may feel about being tested and learning results. For individuals who test positive, Persad offers counseling and emotional support as well as education and wellness strategies for living with HIV. No appointment necessary.

For more information, please contact Persad Center at 1-888-873-7723.



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.

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.



Saturday, February 7

Teen Fitness Expo

12:00 – 4:00 p.m.

Winchester Thurston Middle School

555 Morewood Ave, PGH 15213

Join us for a day of fitness classes and activities for teens and their parents! We have some of the Burgh's best fitness instructors and vendors lined up to teach yoga, Barre, Zumba, pop fitness and kickboxing! You don't want to miss it! Come spend the day with us, and FIND YOUR AWESOME! Tickets are just \$15.

Check out <http://roarworkout.com> or contact roarworkout@gmail.com for more info and to get your tickets today!



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.*



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.*



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!*

