

# APRIL

# 2015

## Health Focus ADVANCE CARE PLANNING



**MIND**  
Mental and  
Emotional Health

# 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

## Just Talk About It: The Importance of Advance Care Planning

**Advance care planning is the process of taking the time now to plan for medical care** in case you aren't able to make these decisions yourself. Crisis or illness could happen at any time in your life so it is never too early to start planning. *The process has two parts:*

- ▶ Choosing the person you want to make health care decisions for you if you are not able to make them for yourself.
- ▶ Discuss exactly how you wish to be treated if you get seriously ill.

There are no right and wrong choices; your choices depend on your values and your life experiences.

What matters is that you make the choice that is right for you and you tell others about it.



More than 90% of people think this is an important conversation. Less than 30% of people have actually done it.

It's easy to say, I'll do this later; however the best time to do it is now, when you are relatively healthy. Crisis or illness situations are always difficult, but if your loved ones have a clear understanding of your values and preference, you can help to make these difficult times now a little easier. You can promote peace of mind to your loved ones if they can say "I know we did what he or she would have wanted."

While most adults realize advance care planning is important, most of us have not done it yet.

## Take A Healthy Step: It's easy as 1-2-3.

- 1. Plan ahead!** Make health care decisions ahead of time. This lets you choose the kind of health care you want or don't want. No one has to guess what kind of care you'd prefer at the end of life or after a serious illness or when you are not able to communicate your desires.
- 2. Identify your advocate!** Pick a person to make health care decisions for you when you can't make them yourself. The person you choose needs to be able to make decisions based on your values and wishes about care. The person should be someone who knows you, will likely outlive you and someone you trust. This person only makes decisions for you when you are unable to make them yourself.
- 3. Review and update!** Periodically look over your advance care plan and update it when your situation changes or if you change your mind. You should also check in with your designated advocate periodically to make sure they are still able and willing to carry out your plan.



@HealthyComm365  
Healthy Communities 365  
HealthyComm365

**For more information visit [healthycommunities365.org](http://healthycommunities365.org)  
or call (412) 578-9189.**

**APRIL  
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.***Thursday, April 30****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 &amp; Learn event the last Thursday of every month focusing on better health and lifestyle management. Lunch will be provided.

*For more information about this or other health education events, please contact Vianca Masucci at 412-227-4219.***Saturday, April 4 and Saturday, April 25****JA Economics for Success****1:00 – 2:00 p.m.****Southside Carnegie Library, 2205 East Carson St, PGH 15203**Building a life is a complex project, particularly for teens and young adults entering the working world. This engaging program shows students how to earn money, spend wisely within a budget, save and invest, use credit cautiously, and protect their personal finances. This program is facilitated by Junior Achievement. *For more information, please contact Southside Library at 412-431-0505 or southside@carnegielibrary.org.***Thursday, April 30****Job & Career: Build Your Best Resume****2:00 – 4:00 p.m.****Hill District Carnegie Library, 2177 Centre Ave at Kirkpatrick St, PGH 15219**Does your resume and cover letter need a tune up? This class will cover everything you need to know about resumes and cover letters, from current formatting trends to getting them to your potential employer. *For more information and to register for this class, please contact the Job & Career Education Center at 412-281-3753 or ross@carnegielibrary.org.***Saturday, April 11****Let's Move! Family Dance Party****11:00 a.m. – 2:00 p.m.****Kelly Strayhorn Theater, 5941 Penn Ave, PGH 15206**Put on your dancing shoes and bring your family to join the fun at Let's Move! Family Dance Party. This party has just the right mix for toddlers and their families to get down! Welcome the spring season with kid-friendly music spun by our guest DJ, dancing, hands-on activities, and more. This unique party connects intergenerational families and communities. Visit [www.kelly-strayhorn.org](http://www.kelly-strayhorn.org) and click on the "Events" tab. *For more information, please contact the Kelly Strayhorn Theater at 412-363-3000.***Free Services from Duquesne University Pharmacy**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, April 6****11:00 a.m. – 1:00 p.m.****Bedford Hill Apartments, 2129 Bedford Ave, PGH 15219****Wednesday, April 8****11:00 a.m. – 1:00 p.m.****Legacy Apartments, 2121 Centre Ave, PGH 15219****Wednesday, April 15****An Evening with Audra McDonald****8:00 – 10:00 p.m.****Byham Theater, 101 6th St, PGH 15222**The Hill House Association is proud to present six-time Tony Award winner Audra McDonald in concert. Buy your tickets today at [www.trustarts.org](http://www.trustarts.org) or 412-456-6666.**Tuesday, April 21****11:00 a.m. – 1:00 p.m.****Ebenezer Towers, 420 Dinwiddie St, PGH 15219****Mondays, April 6, 13, 20, 27 | Thursdays, April 2, 9, 16, 23, 30****Preventative Health Screenings****10:00 a.m. – 4:00 p.m.****Duquesne University Pharmacy, 1860 Centre Ave, PGH 15219****Wednesdays, April 1, 8, 15, 22, 29****Preventative Health Screenings****3:00 – 5:00 p.m.****Focus Pittsburgh, 2228 Centre Ave, PGH 15219****Thursdays, April 2, 9, 16, 23, 30****Health & Wellness Educational Talks and Health Screenings****10:30 a.m. – 12:00 noon****Hill House Senior Service Center, 2038 Bedford Ave, PGH 15219****Fridays, April 3, 10, 17, 24****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.***Wednesday, April 22****Pittsburgh Earth Day****11:00 a.m. – 7:00 p.m.****Mellon Square Park, 529-540 Smithfield St, PGH 15222**

Pittsburgh Earth Day is a citywide celebration dedicated to educating, inspiring, and celebrating sustainability in the region. Guests will have the opportunity to purchase fresh produce and sample goods from local vendors that demonstrate the importance of living a healthy and organic lifestyle. The park will also host the Pittsburgh Earth Day Food Truck Festival along Oliver Avenue on April 22 from 11:00 a.m. – 2 p.m.

For a complete listing of Pittsburgh Earth Day events visit [www.pittsburghearthday.org](http://www.pittsburghearthday.org). *For more information, please contact Aftyn Giles at 412-255-2254 or [aftyn.giles@pittsburghpa.gov](mailto:aftyn.giles@pittsburghpa.gov).***Sunday, April 26****Ultimate Play Day****1:00 – 4:00 p.m.****Burgwin Park, 5401 Glenwood Ave, PGH 15207**Let loose and come play! Join us for a day of fun, free activities for kids and adults. The Ultimate Play Day is a day to hula-hoop, create games from recycled materials, drum, and explore nature. *For more information, please contact Cara Ciminillo at 412-421-3889 Ext 103 or [playfulpgh@paeyc.org](mailto:playfulpgh@paeyc.org).***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/](http://www.ymcaofpittsburgh.org/schedules-forms/) or contact your nearest YMCA to sign up for one of these classes today!