



# DECEMBER

2015



Sponsored by UPMC

Erie 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

## Alcohol Use



Alcohol, or ethanol, is a psychoactive drug. The use of alcohol is a common social activity in America. In our society, it is socially acceptable to drink an alcoholic beverage under almost any circumstance—to celebrate, to feel better, because it's a holiday, because the Browns are playing. Since alcohol use is so widespread and common, it can be hard to recognize when your

alcohol use habits are harmful to your health. For example, many people don't realize that some of their regular drinking habits may be considered 'binge drinking'. Binge drinking is any episode when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. Regular alcohol use can have serious effects on your health. It contributes to cancer, liver problems, and violence.

Researchers know that whites drink more often and more heavily than any other racial/ethnic group in this country but that they experience fewer problems related to alcohol use. Researchers are now trying to find out why that is. Researchers are also curious about how one's environment affects alcohol use and outcomes.

*READ MORE! Check out the CHC Fact Sheet on "Alcohol Use and Your Health" online to learn more about the effect alcohol use has on individual and public health.*

## Take Charge Of Your Health Today. 3 Things to Know about Alcohol Use

**January  
Health Focus:**  
Physical Activity

- 1) Know what a "standard drink" looks like.** One drink is considered 0.6 oz of pure ethanol. This means 12 oz of beer; 8 oz of malt liquor; 5 oz of wine; or 1.5 oz (a "shot") of 80-proof distilled liquor (e.g., gin, rum, vodka, or whiskey).
- 2) Excessive alcohol use can lead to public health problems.** This includes intimate partner violence, community violence, high-risk sexual behaviors and child abuse and neglect.
- 3) Help is available.** If you or anyone in your family is addicted to alcohol, help is available. Many therapies can help individuals with their addiction such as group therapy, individual therapy, medical interventions, and in-patient and out-patient rehab programs. Finding the right fit may take more than one try.

*Healthy Communities 365 is proud to partner with the Urban League of Greater Pittsburgh and University of Pittsburgh Clinical and Translational Science Institute (CTSI)*



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

**DECEMBER  
EVENTS:**

**Wednesday, December 2****Widget Wednesday**  
**11:00 a.m. – 12:00 p.m.**

**Widget Kidz Zone, Millcreek Mall, 5800 Peach St, Erie 16565**  
Looking for the perfect event to take the kids to? Bring the kids to the Widget Kidz Zone for free fun activities, storybook readings, music, tasty treats and much more every first Wednesday of the month! What's more, Widget is offering \$10 to open your child's Kidz Club account to stake their claim in Widget Financial membership. It's never too early to start saving! Visit [www.widgetfinancial.com/events](http://www.widgetfinancial.com/events).  
*For more information, please contact Allie Slater at 814-456-6231 Ext 274.*

**Friday, December 4****Downtown D'Lights**  
**5:00 p.m. – 8:30 p.m.**

**Perry Square Park, Erie 16501**  
Join us for holiday activities and fun! Sponsored by Erie Downtown and UPMC Health Plan. Be there at 6:00 p.m. as Santa lights up downtown Erie. Activities continue after where you will have the opportunity to meet Santa and get photos and treats! All activities are free and open to the public. *For more information, please visit [www.eriedowntown.com](http://www.eriedowntown.com) or call Christina at 814-455-3743.*

**Saturday, December 5****UPMC Health Plan Open Enrollment Education Event**  
**12:00 p.m. – 5:00 p.m.**

**Millcreek Mall UPMC Health Plan Kiosk**  
**654 Millcreek Mall, Erie 16565**  
Want to learn more about our plans for individuals and families, which feature some of the lowest prices in western PA? Our representatives will be available to answer your questions about our plans, health care reform, and more. You can even receive a free blood pressure screening. *For more information, please visit [www.upmchealthplan.com/events](http://www.upmchealthplan.com/events)*

**Saturday, December 12****Happy, Healthy Holidays!**  
**12:00 p.m. – 5:00 p.m.**

**Millcreek Mall UPMC Health Plan Kiosk**  
**654 Millcreek Mall, Erie 16565**  
Join us for a conversation about holiday stress and influenza! Topics include how to prevent or manage the flu, when to wash or use hand sanitizer, staying nourished and active while battling the flu, the connection between stress and colds and flu, and get the latest facts about the flu shot. *For more information, please visit [www.upmchealthplan.com/events](http://www.upmchealthplan.com/events).*

**Sunday, December 13****Second Sundays**  
**1:00 p.m. – 5:00 p.m.**

**Erie Art Museum, 401 State St, Erie 16501**  
On the Second Sunday of each month, Erie Art Museum has free admission 1:00-5:00 p.m. The day is paired with a guided tour and a creative, art-making activity from 2:00-4:00 p.m. *Visit [www.erieartmuseum.org](http://www.erieartmuseum.org) and click on the Calendar tab. For more information, please contact the Erie Art Museum at 814-459-5477.*

**Thursday, December 17****#PartoftheSolutionRadiothon**  
**6:00 a.m. – 7:00 p.m.**

**Millcreek Mall Sears Court, 654 Millcreek Mall, Erie 16565**  
The Erie City Mission is hosting its annual radiothon to Feed the Hungry. Donations can be made by calling 814-864-HOPE(4673) during this time. Want an even easier way to donate? Text your pledge amount and keyword, ECM, to 41444. All donations made during the radiothon will directly support the programs and service of the Erie City Mission. *For more information, please visit [www.eriecitymission.org](http://www.eriecitymission.org).*

**Getting Ahead****Be a Mentor!**

The first reentry class from the "Getting Ahead" anti-poverty program offered by GECAC and Erie Together will be graduating December 7th. All students will have completed the ten week curriculum that teaches time management skills, goal setting, and household budgeting. After graduation, each student will need a mentor. *Anyone interested in being a mentor and meeting in a group setting, once a month, should call Kathy Stearns at 814-459-4581 Ext 652.*

**Stay Focused for The Future**

Stay Focused for The Future is a very unique mentoring program for youth in Erie County. The main goal of the wellness program is to improve balance and achieve academic success. Our purpose is that each student optimizes healthy coping strategies by showing they have real value. The Wellness Program is entitled "Stay Focused for The Future" and is divided into five pillars: physical, emotional, academic, attitudes, and community. For each student, we raise his/her self-esteem, instill creative vision, passion and set him/her on a positive course by helping each individual to realize they have real value. *For more information, please contact Rodney Cray at 814-431-0626 or [rccray@stayfocusedforthefuture.com](mailto:rccray@stayfocusedforthefuture.com)*

**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 <http://www.ymcaerie.org/events/events-calendar/> or contact your nearest YMCA to sign up for one of these classes today!*

**Find ways to get involved and volunteer in Erie, PA!**

Volunteer opportunities are available throughout the year. To learn more, visit [www.getconnectederie.org](http://www.getconnectederie.org) or contact Melissa Fenn at 814-454-8800 Ext. 2 or [mfenn@thenonprofitpartnership.org](mailto:mfenn@thenonprofitpartnership.org).