

# Community Activities Network



## Holidays:

October 1 – Chinese Moon Festival

October 8 – Yom Kippur

October 12 – Columbus Day

October 12 - Indigenous People's Day

October 13 – Sukkot

October 31 – Halloween

## Health Awareness:

Breast Cancer Awareness Month

Domestic Violence Awareness Month

Diabetes Awareness Month

**October 2020**



"To cook is to nurture." – So says Elizabeth.

This is the best recipe I've ever tasted for pumpkin rolls.

## **Joyces' Pumpkin Roll**

### Pumpkin Roll

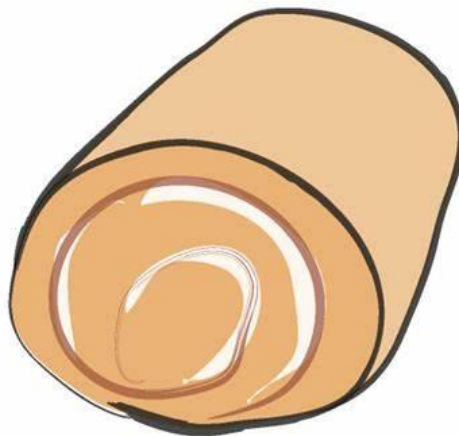
¾ cup flour  
1 tsp salt  
1 tsp baking soda  
½ tsp cinnamon  
½ cup chopped nuts  
3 Eggs  
1 Cup Sugar  
2/3 Pumpkin

Beat eggs and pumpkin, add sugar, and blend in sugar. Add dry ingredients. Spread onto greased waxed paper in a jelly roll pan (large cookie sheet will do if you don't have a jelly roll pan). Sprinkle on nuts. Bake in 375 degree oven for 15 minutes.

### Filling

8 oz. cream cheese  
2 tbs oleo (Margarine)  
1 tsp vanilla  
1 cup powdered sugar

Unroll log carefully, spread filling over log. Reroll log without towel, chill. Freezes well.



## Designations for October 2020:

### Monthly:

Adopt a Shelter Dog Month  
Clergy Appreciation Month  
Vegetarian Month  
American Pharmacist Month

### Weekly:

Fire Prevention Week (2<sup>nd</sup> week of October)  
Pastoral Care Week (3<sup>rd</sup> week of October)

### Daily:

October 1 – Coffee Day, Day of the Elderly Day, Homemade Cookies Day, Vegetarian Day  
October 2 – Custodial Workers Day  
October 4 – Frappe Day  
October 5 – Do Something Nice Day, Teachers Day  
October 6 – Physician Assistant Day  
October 8 – Pierogi Day  
October 9 – Fire Prevention Day  
October 15 – White Cane Safety Day  
October 16 – Bosses Day, Dictionary Day  
October 17 – Sweetest Day (3<sup>rd</sup> Saturday of the Month)  
October 18 – Meatloaf Appreciation Day  
**October 19 – Voter Registration Deadline (Allegheny County)**  
October 21 – Pumpkin Cheesecake Day  
October 24 – Make a Difference Day, United Nations Day  
October 27 – Black Cat Day  
October 30 – Candy Corn Day  
October 31 – Carve a Pumpkin Day

*For more information on various designations, visit [holidayinsights.com](http://holidayinsights.com).*

## AROUND THE BURGH FOR OCTOBER, 2020

As mentioned in last month's newsletter, Farmers Markets and Yoga continue to be held in Downtown Pittsburgh. The Sundays in October are the 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and the 25<sup>th</sup>, with the 11<sup>th</sup> Street Farmers Market being held from 9 AM to 1 PM, and Yoga in the Square taking place from 10 AM to 11 AM. Social distancing and wearing masks are required at both activities

Yoga in the Square is also continuing on Wednesdays from 5:30 PM to 6:30 PM, the Wednesdays in October being the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and the 27<sup>th</sup>.

To continue enjoying downtown Pittsburgh ambiance, dine outdoors at your favorite eatery while listening to music from 6 to 8 PM Thursdays and Fridays, the Thursdays in October being the 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and the 29<sup>th</sup>. The Fridays in October are the 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and the 30<sup>th</sup>. To say more about dining, restaurants began opening on September 21<sup>st</sup> for indoor meals with 50 percent seating capacity. While enjoying all that Downtown has to offer, you can also direct any questions to the friendly Downtown Pittsburgh Partnership ambassadors.

Moving on from food to culture, the August Wilson African-American Cultural Center opened on September 18<sup>th</sup> with a mix of in-person and virtual events, one of the virtual offerings being Lit Friday on the last Friday of the month, starting at 6 PM. The last Friday in October is the 30<sup>th</sup>, and the center's address is 980 Liberty Ave., Downtown Pittsburgh. (The above information was provided by the Downtown Pittsburgh Partnership: [www.downtownpittsburgh.com](http://www.downtownpittsburgh.com)).

Continuing with culture, the Pittsburgh Opera, 2425 Liberty Ave., Strip District, will resume their free Brown Bag Lunch Series from noon till 1 PM on Saturday, October 3<sup>rd</sup>. Until further notice, Brown Bag Lunches will be livestreamed over the Internet. To ask if any of the Opera's events will be in-person, (412) 281-0912.

For the science lover, the Carnegie Science Center, 1 Allegheny Ave. on the North Shore remains open at 15 percent capacity, with upcoming events being posted on their website two weeks in advance. Visit: [www.carnegiesciencecenter.org](http://www.carnegiesciencecenter.org) or phone (412) 237-3400

From October 30<sup>th</sup> till November 5<sup>th</sup>, there will be a monster pumpkin festival in the parking lot right outside of Heinz Field. Due to COVID-19 restrictions, this new twist on a fall festival will be a drive-through event only, with more information being available at: [www.monsterpumpkins.com](http://www.monsterpumpkins.com)

The NAMI (National Alliance on Mental Illness) walk will be a virtual event this year, to be held on Saturday the 10<sup>th</sup>. This event being virtual means that-instead of the usual group location-individuals will walk in their neighborhoods while wearing masks and maintaining social distance.

For registration information if you want to walk as part of Pittsburgh Mercy's Team, phone or email Stacey Fitzgerald: [sfitzgerald@pittsburghmercy.org](mailto:sfitzgerald@pittsburghmercy.org) or phone ((412) 761-6179. If you want to walk on your own and not as a Team Member, you can also get information from Aleta Barnett, NAMI'S Adult Advocate, at (412) 366-3788. The annual NAMI Walk serves the dual purpose of raising money for their many programs and awareness of mental health issues.

If you'd like your walk to take you to Pittsburgh's historic Strip District with its many restaurants and shops, you might want to visit the Heinz History Center and Sports Museum, a seven-floor facility which contains numerous and varied exhibits. To hear an over-the-phone listing of upcoming exhibits, (412) 454-6000. You can also access menu option to hear the Center's hours, and their COVID-19 policies

Three final items in this section pertain to University of Pittsburgh football, People's Oakland, and New Horizons. Starting with Pitt football, you can watch their games on Facebook, YouTube; and, of course on TV. To ask about their Facebook and YouTube pages: (412) 648-7488 (412) 648-PITT. If Athletic Department staff is still working remotely, you will be asked to leave a message so someone can get back to you. (Unfortunately, fans will be unable to attend in person this year.)

Moving on to People's Oakland, they have partially reopened, their days being Monday, Wednesday and Thursday from 10 AM to 2 PM. So that social distancing can be maintained, People's Oakland staff asks that you call ahead of time to make an appointment: (412) 683-7140. Address: 3433 Bates Street, Pittsburgh PA 15213.

To conclude, New Horizons, like People's Oakland, is a drop-in center with staff requiring scheduling an appointment, the days they are open being Monday, Wednesday and Friday. Since they permit only five people at a time, their blocks of time are 10 AM to 12 PM and 1:30 to 3:30 PM. To schedule an appointment, (412) 766-8060; 616 Lincoln Ave., Pittsburgh, 15202.

## **AT THE LIBRARY: OCTOBER 2020**

Since June, the Carnegie Library has been implementing and expanding curbside services.

Below you will find information about ordering materials from library catalogs; the 16 branches where curbside service is available; the days and times for pickup, and phone numbers for each branch:

### **Looking for something new?**

*The Library is now fulfilling new hold requests!* Search and request library materials through the [Catalog](#) and pick them up at a CLP curbside service location. Curbside service is now available Tuesday - Saturday, 10 am - 5 pm at the following locations:

- CLP – Allegheny | [412.237.1890](tel:412.237.1890)
- CLP – Beechview | [412.563.2900](tel:412.563.2900)
- CLP – Brookline | [412.561.1003](tel:412.561.1003)
- CLP – Carrick | [412.882.3897](tel:412.882.3897)
- CLP – East Liberty | [412.363.8232](tel:412.363.8232)
- CLP – Hazelwood | [412.421.2517](tel:412.421.2517)
- CLP – Hill District | [412.281.3753](tel:412.281.3753)
- CLP – Homewood | [412.731.3080](tel:412.731.3080)
- CLP – Knoxville | [412.381.6543](tel:412.381.6543)
- CLP – Lawrenceville | [412.682.3668](tel:412.682.3668)
- CLP – Main (Oakland) | [412.622.3118](tel:412.622.3118)
- CLP – Sheraden | [412.331.1135](tel:412.331.1135)
- CLP – South Side | [412.431.0505](tel:412.431.0505)
- CLP – Squirrel Hill | [412.422.9650](tel:412.422.9650)
- CLP – West End | [412.921.1717](tel:412.921.1717)
- CLP – Woods Run | [412.761.3730](tel:412.761.3730)

In addition to curbside pickup, virtual opportunities are still available and include-but may not be limited to – story time for children and caregivers; job assistance, and help doing research. The Library for the Blind and Physically Handicapped (LBPH) has a virtual advocacy meeting the third Tuesday of each month, the third Tuesday in September being the 15<sup>th</sup>.

Regarding curbside, it is preferred that patrons request items via the online catalog, but if they would rather they can call their local library branch and request items over the phone. When the requests come through, they will be notified that their materials are waiting at the library and then they will need to call the library that the materials are waiting at to schedule a pick-up time.

The library is starting to move to limited in-person services at our locations, meaning that patrons are able to come into the library for brief computer usage, holds pick-up and returns. More information on that, and on curbside, can be found at [carnegielibrary.org/reopening](http://carnegielibrary.org/reopening) .

If you have any other questions, please call your local branch of the Carnegie Library.

### Candy corn baby cakes (48 Servings)

#### **Ingredients**

1 box white cake mix (Water, vegetable oil, and egg whites for cake mix)

1 teaspoon orange paste food color

1 teaspoon yellow paste food color

2 containers (1 pound each) of creamy white frosting

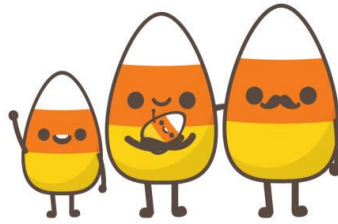
Orange and yellow coarse sugar

48 pieces of candy corn

#### **Instructions**

1. Heat oven to 350F (325F for dark or non-stick pans), place a mini paper baking cup in each of the 48 miniature muffin cups. Make cake batter as directed on box for cupcakes, using water, oil and egg whites.
2. Divide batter evenly among 3 medium bowls (about 1 ½ cups in each). Stir orange food color in one bowl and stir yellow food color into second bowl. Leave remaining batter white. Place 1 tablespoon of each color batter in each muffin cup, layering colors in order of candy corn –yellow, orange and white. Do not stir! Each muffin cup will be about ¾ full.
3. Bake 15 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove cupcakes from pans to cooling racks, cool completely, about 20 minutes.

4. Spread frosting on cupcakes. Sprinkle with coarse sugar and top with candy corn.  
Source – bettycrocker.com



HAPPY CANDY CORN

## OCTOBER IS MY FAVORITE MONTH OF THE YEAR.

By Paul W.

It's time for cornstalks, pumpkins, and things that go bump in the night!

When I was a kid, Mom would give us an old pillowcase and we'd go all over the neighborhood. Today, everybody is afraid to let their kids out of their neighborhood. I think that's sad, but we have to think about safety. Back in my day, masks were a little scary: Now, these days, masks are gory with blood everywhere, YUCK! So anyway, you can enjoy your Halloween as much as you want: Take a haunted hayride, go to a spooky corn maze, and please don't forget to light your jack-o-lantern. Also, enjoy all the candy corn you can eat.

## **Energy Saving Tips from DLC:**

As we approach cooler weather during this fall season and transition into winter, DLC is here to help you find ways to save on your energy costs.

### **PREPARING YOUR HOME:**

There are many ways to become energy efficient in your home. Here are some simple tips to help you save on your electric costs in the fall and winter months ahead. See below for some potential ways to save:

**Thermostat:** Duquesne Light offers a \$50 rebate to all residential customers for the purchase of a connected (smart) thermostat.

- Install a connected thermostat to control the temperature in your home when you are away.



**Furnace:** Duquesne Light offers a \$100 rebate to residential customers for the purchase of a furnace with a variable speed motor.

- Turn down your thermostat. You can save up to 10% on your heating bills by simply turning your thermostat down 7-10°F for eight hours.
- Clean/Replace your air filters. Heating and cooling consume the most energy in the average home—up to 50% of total home energy use. By cleaning or replacing your filters, you can lower your heating and cooling system energy use by up to 15%.
- Open your curtains. Something as simple as opening the blinds/curtains to your windows will bring in natural light and warmth to your home.

## **MONITORING YOUR ENERGY USAGE**

Monitoring the increases and decreases in your energy consumption throughout the day can assist you in pinpointing when and how you are consuming the most energy. Consider making changes like turning off lights, the television, and other devices when you leave a room in order to find energy savings.

For more information visit <https://www.duquesnelight.com/>

### **Please Join Us in the #Care4CommonGood Campaign: We Care, We Vote**

The health care delivery system is about more than just providing the right care, in the right place, at the right time. It's also about defining and recognizing other issues that influence the overall health of all Americans. To help improve the health of our community and our country while we Care for the Common Good, be sure to register so you can vote on Nov. 3.

### **Advocacy: Voter Updates**

- **In-Person Ballots:** Allegheny County voters will have the opportunity to provide over-the-counter voting and the return of voted ballots at new and accessible, fully staffed, secure offices. Read more.
- **Mail & Absentee Ballots:** Completed applications for an absentee or mail-in ballot are due by 5 p.m. on Oct. 27, but please do not delay. If you wait, you may have to deliver your ballot in person.

You can also call 412-350-4500 for more information.

- **Poll Workers:** The Allegheny County Elections Division thanks all of the residents who volunteered to work the county's 1,323 polling places that will be open on Election Day. The Election Division is in the process of contacting volunteers regarding training

### **Advocacy: Hoping all of you were Counted in the U.S. Census**

The deadline to participate in the U.S. Census was Sept. 30. Please be sure you're counted. Ask family, friends, neighbors, and persons we serve if they've been counted.

### **Beware of Potential Unemployment & SNAP Benefits Fraud & Scams**

Pennsylvania cautions residents to be on the lookout for unemployment compensation and Supplemental Nutrition Assistance Program (SNAP) fraud and scams. Government agencies do not and will not solicit participation in unemployment, SNAP, or any other public assistance programs via text. If contacted in this manner, do not reply or share your personal information. Applications for public assistance programs are submitted online. If you have questions, please call the Statewide Customer Service Center at 1-877-395-8930

(The above information was provided to Paths to Wellness by Pittsburgh Mercy CEO Tony Beltran and Communications Director Linda Ross.).

### RESOURCES FOR THE OCTOBER, 2020 CAN

The Fellowship Hall Resource Center compiles and shares information to help people experiencing addiction, homelessness, and mental health issues. What makes these resources more important now than ever is that the current pandemic has caused many people to isolate. According to statistics from the Addiction Center, between 40 and 60 percent of individuals in recovery from substance use will relapse. Yet another more bleak estimate is that substance use relapse could affect up to 90 percent of persons dealing with addiction.

To reach out to the Fellowship Hall Resource Center, their phone number and email address are: (412) 606-5742 or fellowshiphall7@gmail.com.

As some of you may know, the Hot Metal Faith Community, 2700 Jane Street in Pittsburgh's South Side used to provide a hot, sit-down meal every Tuesday and Thursday from 5:30 to 6:30 PM. Although this faith community still provides meals at the same time each Tuesday and Thursday, they are now grab-and-go meals distributed from the Church's parking lot.

If you have any questions, feel free to call (412) 488-4010

The next resource is courtesy of the Baldwin United Presbyterian Church:

The food bank operated by SHIM (South Hills Interfaith Movement) is an essential community service that provides food support from this location on the second and third Tuesdays of each month at 10am-1 Pm and 3-5 pm. This remains a "pass-through" service, and Molly Patterson has overall purview (412.854.9120, ext. 108).

Living Stones is authorized to continue providing meals at Baldwin every second Sunday beginning at 4.30 pm. As was the case with restaurants when we were still in the yellow phase, this is a carry out service

Since March, we have been hearing about the CORONAVIRUS and the COVID-19 illness it causes. Important though those updates are, it is now also time for us to start thinking about getting the flu vaccine.

If you have a Primary Care Physician (PCP), he or she can give flu shots. In addition, community pharmacies like CVS, Rite Aid, Giant Eagle pharmacies, and Walgreens can also help. If you are uninsured or underinsured, however, you can receive your vaccination from the Allegheny County Health Department (ACHD):

- Allegheny County Health Department Immunization Clinic, Hartley-Rose Building, 425 First Ave. (enter on Cherry Way), Pittsburgh, PA 15222 (Downtown). Walk-ins are accepted Monday through Friday, 9 a.m. to 3:30 p.m. and 4 to 7 p.m. on Thursdays. Face coverings are required. The vaccine is available to insured, underinsured, and uninsured Allegheny County residents. Appointments for flu vaccines are not necessary. Bring identification and an insurance card (if applicable). Please schedule an appointment for all other vaccinations and services. Appointments may be made at 412-578-8062.

### Language Resources for COVID-19

The Allegheny County Health Department (ACHD) offers its COVID-19 orders, daily alerts, and other important information in Arabic, Chinese, Nepali, Spanish, and Swahili. The U.S. Centers for Disease Control and Prevention (CDC) offer general COVID-19 prevention resources and materials in 34 languages as well.

Health agencies also offer the following tips for celebrating Halloween safely:

- Carve pumpkins, display lighted jack-o-lanterns, and decorate your living space with members of your immediate household.
- Have a Halloween scavenger hunt. Give participants a list of Halloween-themed things to look for while walking through the community. Wear masks and maintain physical distance.
- Have a virtual Halloween costume contest.
- Tell spooky stories around a campfire. Wear masks and maintain physical distance.

To list more food resources, if you live in Alison Park; Franklin Park; Gibsonia, McCandless, Pine/Richland, Sewickley, or Wexford, you could look into having at least some of your food provided by Chefs for Seniors. This business, staffed by chefs with years of experience, can prepare meals using the following diets: diabetic, gluten-free, heart healthy, Kosher, low sodium, and weight loss.

To learn more about their service, including the age when you are eligible for these meals, phone (724-766-1500. You can also visit: [www.chefsforseiors.com](http://www.chefsforseiors.com)

### FOCUSING ON SUCCESS.

By Lori P.

When I wrote Part One of this article in June, I listed regrets I had, followed by the successes I have achieved on my recovery journey.

The purpose of Part Two is to emphasize how much more important it is to focus on just the successes of the here and now.

Three of my successes that are the most important to me are: having become a Certified Peer Specialist in 2013; having worked at the New Horizons Drop-in Center for four and a half years; and having celebrated my 50<sup>th</sup> birthday in August. What makes this latter point so significant is the statistic that those of us with mental health issues often die 25 to 30 years earlier than the general population.

Additional positives include the support I receive from family, friends, peers, and the professional staff at Mercy Behavioral Health. I have also recently started using my Peer Support skills and knowledge to co-facilitate a Life Skills group.

To summarize, I want to encourage each of you while on your recovery journey to focus not on past regrets but on current successes, which I like to think of as roses, and those hoped for in the future, which I like to think of as buds that will blossom into roses.