

# Community Activities Network



## Holidays:

November 1 - All Saints Day

November 1- Daylight Savings Time Ends

November 1-2 - Dia De los Muertos

November 2 - All Souls Day

November 3 - Election Day

November 11 - Veteran's Day

November 26 - Thanksgiving

## Health Awareness:

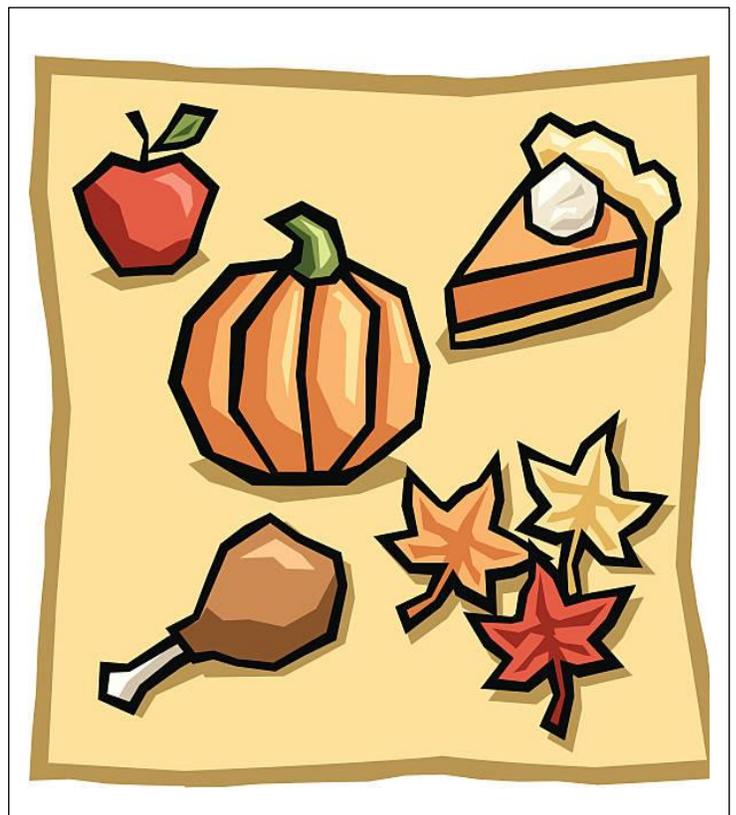
Diabetes Awareness Month

Epilepsy Awareness Month

COPD Awareness Month

Alzheimer's Disease Awareness Month

**November 2020**



## Elizabeth's Recipe Corner

Here are a couple of recipes for your Thanksgiving Day table. They have been made and tried by myself and have my seal of approval. Cooking is good for mental health. It gives a sense of worth and belonging.

### Thanksgiving Day Crescent Rolls

Steal the show with these Thanksgiving Day crescent rolls. My mother would bake them and take them to my Aunt Paulette's dinner. These rolls were anxiously awaited for all year long.

4 ½ cups flour  
1 stick of margarine (land o' lakes) (never butter)  
1 cup milk  
½ cup sugar  
2 packs of yeast  
½ cup warm water  
3 eggs beaten

Put milk, sugar, and margarine in pot and scald and cool. Dissolve yeast in ½ cup water. Put flour in bowl, and add milk mixture and eggs mix add yeast. Knead dough, grease and let rise for 1 hour. Divide into 3 parts, roll ¼ inch thin, cut and roll into crescents. Place on greased cookie sheets and let rise for 1 hour. Bake 15 minutes at 425 degrees.



### *Layered Twinkie pumpkin dessert*

This layered dessert is great with a hot cup of coffee after an autumn afternoon of leaf watching.

1 package (15 oz.) hostess Twinkies (10 Twinkies)  
1 package (8 oz.) cream cheese softened  
1 cup confectioners' sugar  
1 container (8 oz.) frozen nondairy whipped topping, thawed and divided.  
2 packages (3.4 oz. each) instant vanilla pudding  
1 can (15 oz.) pumpkin 1 ½ teaspoons pumpkin pie spice

1 cup milk  
Additional pumpkin pie spice

Slice twinkies in half lengthwise and place cream side up in a single layer in a 9x13 inch baking dish. Using a mixer, blend together cream cheese, confectioners' sugar and half of whipped topping until smooth. Spread evenly over Twinkies.  
Combine pudding mix, pumpkin pie spice and milk. Whisk until well blended and layer over cream cheese mixture. Carefully spread remaining whipped topping over pumpkin. Lightly sprinkle with pumpkin pie spice. Refrigerate several hours.

## **Monthly and Daily Designations for November 2020:**

### Monthly:

Child Safety Month  
National Adoption Awareness Month  
Native American Heritage Month  
Caregiver Appreciation Month

### Daily:

November 1 - National Vegan Day  
November 4 - Check Your Blood Pressure Day  
November 7 - Book Lover's Day (first Saturday of the month)  
November 9 - World Freedom Day  
November 10 - USMC Day, Young Readers Day (2nd Tuesday of the month)  
November 11 - Veteran's Day, World Origami Day  
November 12 - World Pneumonia Day, Chicken Soup for the Soul Day  
November 13 - Caregiver Appreciation Day, World Kindness Day  
November 14 - Hindu Diwali Day, World Diabetes Day, Operating Room Nurses Day  
November 16 - International Tolerance Day  
November 17 - World Peace Day  
November 19 - Great American Smoke Out (3<sup>rd</sup> Thursday of the month)  
November 20 - Universal Children's Day  
November 29 - Advent Begins



## RESOURCES FOR NOVEMBER, 2020

### **Pittsburgh Mercy Offering COVID SSA Application Assistance**

Pittsburgh Mercy is offering a time-limited COVID SSA Application Service. This service is intended to assist eligible adults in Allegheny County who are ineligible for SOAR apply for SSI/SSDI benefits. Individuals must be at least 18 and reside in Allegheny County. Help will be available Monday through Thursday evenings and Sunday afternoons until December 30, 2020. For more information, please call 412-246-2342 or email [SSI@pittsburghmercy.org](mailto:SSI@pittsburghmercy.org)

Although the deadline to apply for eviction assistance that was available through the Allegheny Cares Act ended on October 30, there is additional help both internally and externally through the following resources: April Zeiner at Pittsburgh Mercy's Operation Safety Net at 412-606-6494. India Turner at Bethlehem Haven's Safe at Home program (one-time assistance) at 412-391-1348, Ext. 233.

For other eviction prevention assistance programs: Contact the Allegheny Link at 1-866-730-2368. For more referrals: Call The United Way at 2-1-1 (The above resources were provided by Tony Beltran, Pittsburgh Mercy's CEO.), just as he also provided the following resource for parents, guardians, or caregivers who have children in school:

### **USDA Extends School Meal Programs to June 30, 2021**

The U.S. Department of Agriculture (USDA) says children can continue to receive free meals at school through June 30, 2021. Over 630,000 children in Pennsylvania face food insecurity. Pennsylvania schools provided more than 25 million meals March through August of this year.

Since no contact person or phone number was given for more information or any required registration, the best course of action is to contact the school where your child is enrolled.

The Western Pennsylvania Diaper Bank partners with a number of organizations who sponsor diaper distribution drives. (Recent drives were sponsored by the Pittsburgh Pirates and the Pittsburgh Penguins, with Healthy Start being just one of the many nonprofits with whom the Diaper Bank partners.)

To learn about upcoming distributions, the Diaper Bank suggests browsing their website for a list of partner agencies. Persons who don't have a computer, though, can phone: (412) 373-3074. Their website: [www.wpadiaperbank.org](http://www.wpadiaperbank.org).

*Hello Neighbor* is a Pittsburgh-based nonprofit that works to improve the lives of recently resettled refugee and immigrant families by matching them with Americans as mentors and friends to guide and support them in their new lives. Since launching in 2017 over 95 refugee and immigrant families from 13 countries have been matched with their new neighbors to help them feel welcome and gain confidence in their new lives in Pittsburgh.

### **McKeesport COVID-19 Testing Site Expands Hours to Meet Demand**

The Allegheny County Health Department (ACHD) has expanded hours for its drive-thru COVID-19 testing site at 455 Industry Rd., McKeesport, PA 15146.

- Tuesdays: 10 a.m. to 4 p.m.
- Wednesdays & Thursdays: Noon to 7 p.m.
- Fridays & Saturdays: 10 a.m. to 4 p.m.

Appointments are required. Schedule an appointment online or call 412-209-2262. No prescription or referrals are needed. If transportation is a challenge, contact the COVID-19 Hotline at 1-888-856-2774 or 2-1-1 for additional options and resources.

### **Have a K-12 Remote Learner at Home Who Needs Internet Access?**

The Carnegie Library of Pittsburgh has a hotspot lending program for City of Pittsburgh residents who have at least one K-12 learner living in their household. Hotspots will be available to borrow on a first-come, first-serve basis. For more information, contact Carnegie Library of Pittsburgh at 412-622-3114, text 412-775-3900, or use the chat feature on [carnegielibrary.org](http://carnegielibrary.org). Individuals who do not reside in the City of Pittsburgh are encouraged to contact their nearest Allegheny County Library Association branch. (Though most of the information in this section comes from Carnegie Library newsletters, the above item about free "hot spots" being available to City of Pittsburgh residents came from CEO Tony Beltran.)



### **AT THE LIBRARY: November 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.

#### Living With a Seizure Disorder by Lori Pace

Living with a Seizure Disorder has not been easy, but I have already accepted it. I do have limits to what I can do and I do take medication for this.

I am a very lucky person because I am a survivor and I can still do a lot of things. I live by myself in an apartment, and am a very active person in the community. If I want to go somewhere, I usually take a bus, but I also sometimes get rides from my parents.

One way I am active in the community is being a member of The Epilepsy Association. I do a fund raiser each year to help them out at their two mile fun run walk. Just as my volunteering with the Epilepsy Association meets my need for social wellness, staying well also include seeing a neurologist once a year and eating three meals a day. I also take walks and exercise whenever I can to promote physical well-being. Even though transportation is an issue for me, I do what I can to get around and keep busy every day. I feel that I manage quite well considering all of my challenges.

What also helps is that I have friends, family and people at Mercy Behavioral Health who have supported me. I know that whenever I have a seizure, I have people who will help me. I also have two pull strings in my apartment to use if I need someone to call 911.

As an active person who enjoys life, I don't let having a seizure disorder get me down, and I encourage everyone reading this to use resilience to cope with and meet life's challenges.

*The Epilepsy Association is conducting a series of webinars entitled, "All Things Epilepsy."*

*Although the registration deadline for some of these webinars has passed, there might still be topics for which you can register.*

*For more information-including additional registration deadlines- Contact Francine Eden at [feden@EAWCP.org](mailto:feden@EAWCP.org) or call at 800-361-5885. (The above information was contributed by Lori Pace.)*



## **PLEASE BE THANKFUL**

By Paul W.

When I think of November, that month reminds me to be thankful, and mindful to everyone.

As part of being thankful and mindful, there is an old Polish tradition: In the family, if someone passes away that year, at Thanksgiving you put an empty chair and an empty plate at the table. Doing that reminds everyone that this person was a very important part of their lives.

Like other traditions such as the turkey with all the fixings, pumpkin pie, and being around all of your loved ones, all of this is what Thanksgiving means to me.

Of course, we are all going to overeat (including me), so HAPPY THANKSGIVING! And don't forget: Gobble gobble.

### **Around The Burgh, November 2020**

Until the weather becomes prohibitive, continue to enjoy dinner at your favorite Downtown eatery Thursdays and Fridays from 6 to 8 PM, the Fridays in November being the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and the 27<sup>th</sup>.

While shopping at or otherwise enjoying Downtown Pittsburgh activities, say "hello" to the friendly PDP ambassadors who also interact by playing fun but socially distanced games

The August Wilson African American Cultural Center continues to offer "virtual" Lit Fridays on the fourth Friday of the month, the fourth Friday in November being 27<sup>th</sup>

Although the Farmers Markets and Yoga in the Square ended in October, the Downtown Pittsburgh Partnership (PDP) has organized and continues to develop new and exciting holiday experiences as follows:

### **AN UPDATE ON THE 2020 HOLIDAY SEASON IN DOWNTOWN PITTSBURGH**

With health and safety being the top priority, Light Up Night has been officially canceled this year due to the ongoing COVID-19 pandemic.

Pivoting efforts towards a reimagined holiday season, however, we're excited to bring back other returning traditions and new surprises that can be hosted safely.

Returning for 2020 is the ninth annual Peoples Gas Holiday Market, which is being reconfigured for social distancing while still retaining the spirit of the beloved tradition that has become a staple of the holiday season in Downtown. Details on this year's vendors and safety protocols for the outdoor market will be announced in the coming weeks, with the market set to open on Black Friday, November 27.

Additionally, we're excited to announce "Santa Zoom: Live from the North Pole!" Powered by Xfinity, this new experience will allow the young, and young-at-heart, to

have live conversations with Santa Claus while safely making new memories.

That's not all: several other holiday attractions and big new surprises will be announced in the coming weeks, with a continued emphasis on safe, meaningful experiences.

Every Tuesday and Thursday from 5:30 to 6:30 PM, the Hot Metal Faith Community will deliver grab-and-go meals and groceries as available. To receive these meals, enter the parking lot off of 27<sup>th</sup> Street, the exact address being 2700 Jane Street. The Tuesdays in November are the 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and the 24<sup>th</sup>. Since Terri Winaught is awaiting a return call from the Hot Metal Faith Community about Thanksgiving dinners, feel free to call her at (412) 488-4912 or call the Church directly at (412) 481-4010.

Although Bethany Evangelical Lutheran Church will have no sit-down Thanksgiving dinner this year, they will deliver to the following areas if they get enough volunteers to make this happen: Beechview, Brookline, Castle Shannon, Dormont, and Mount Lebanon.

To ask if the church was able to get enough volunteers, call Terri Winaught no later than November 20<sup>th</sup>: (412) 488-4912. (Terri Winaught is still in the process of researching what Light of Life Ministries and other churches are doing.)

Give  
Thanks!



Stories from the Front Line – Paths to Wellness  
By Terri Winaught, Recovery Services coordinator

Persons served from Outlook Manor, Journey Home, and Glen Hazel Extended Acute Care (EAC) are continuing to receive packages topped with love in the form of inspirational quotes and self-care items.

Thanks to Elizabeth Fisch, Recovery Special Assistant, for leading the Paths to Wellness Team in this ongoing effort. To better express how appreciative even staff are, October 12, when bringing those gifts of love to Journey Home, Elizabeth was told, "We want these packages to continue monthly."

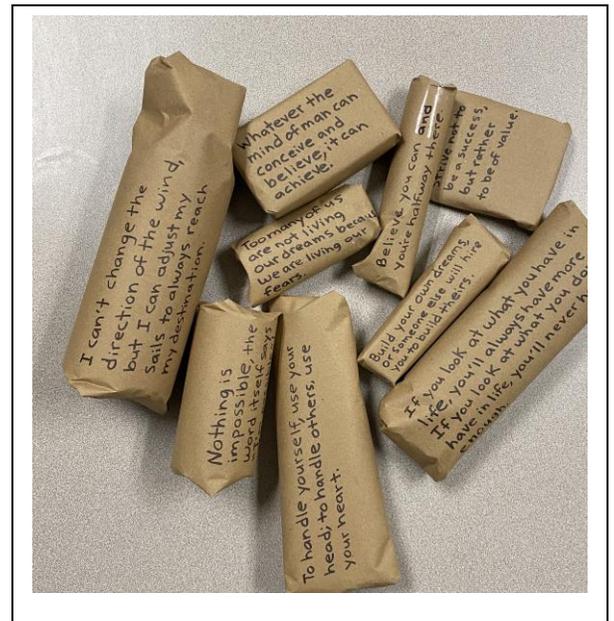
Especially during such a difficult time created by the pandemic, the Paths to Wellness Team feels blessed, honored, and humbled to be able to share the hope that makes enhanced wellness possible.

"When the coronavirus hit, I started to bring no-contact presents to the persons served with words of inspiration for the journey they are on." says Elizabeth. "It is a chance for them to reflect on goals and dreams in a supportive community."



*Top picture: Elizabeth putting presents together to take to our sites.*

*Bottom picture: Elizabeth's presents with words of encouragement and inspirational thoughts.*



Another seizure story:

My name is Nicole – the CAN formatter - and I am epileptic. I was diagnosed in 1999, at the age of 16. My seizures were under control and I had very few issues for roughly 11 years and in 2011 I started having seizures again. I had 3 in less than 3 months and despite adding another medication to the one I already took, nothing was helping.

After talking with the neurologist and taking into consideration my past history and the situation at the time, the neurologist suggested something I've never heard of: a vagus nerve stimulation implant (or vns for short). The vns is very rare to have in epilepsy treatment. At the time I had no idea this stuff exists.

The vns is basically similar to a pacemaker, only it's for your brain. The battery is implanted in your chest and wires go up your vagus nerve and fires off electricity at regular intervals to help control the already existing electricity in your brain. There is also a strong magnet you can swipe over the location of the battery to cause a large burst of electricity to stop a seizure in progress. Our goal (in addition to taking the medication I was already on) was to reduce the amount of seizures I was having.

I was nervous about the whole thing, being I had never heard of it and had no idea what to expect. It was tough to get used to the implant's regular intervals while it was being adjusted when I first got it. I still have some long term side effects – I lose my voice occasionally and cough a little bit. But it's a small price to pay for what I got in return.

The implant completely stopped my seizures.

I think having seizures completely stop is even rarer with the vns. I am still on two medications but have been seizure free since 2012, a month or so after I got the implant I had my last seizure.

Getting the vns has changed my life. I am completely independent now - I live alone and take the bus around alone. I have a part time job too. I will have to get a new battery for the vns eventually, but it's not a big deal and the surgery is the same as when I got it put in. I never expected any of this happening to me, but I've made it through and things are pretty normal now.

# Thanksgiving Dinner Word Search

R A B B I T H S A U Q S L O B  
C S T E R C H I C K E W N S Q  
O A M U S N A E B N E E R G A  
R S R A P P L E P I E E N N H  
N E E R S S Y B E A N T S I A  
B P N D O H C E H E Y P R F W  
R U S S T T E N K V U O T F S  
E M W E E E S D A R L T R U E  
A P P E R I O R P L U A B T A  
D K B F L Y G P S O A T R S T  
O I F F T H E G F I T O R S T  
T N H O A B A K E D H A M N K  
S P E C A N P I E V G I T V I  
B I S C U I T S N G F E A O S  
T E C U A S Y R R E B N A R C

## THANKSGIVING DINNER WORD LIST

APPLE PIE	PEAS
BAKED HAM	PECAN PIE
BISCUITS	PUMPKIN PIE
CARROTS	ROLLS
COFFEE	SQUASH
CORNBREAD	STUFFING
CRANBERRY SAUCE	SWEET POTATO
GRAVY	TURKEY
GREEN BEANS	VEGGIES
MASHED POTATO	WINE