

# Community Activities Network



## Holidays:

May 5 – Cinco de Mayo

May 7- National Day of Prayer

May 9 – Mother's Day

May 31 – Memorial Day

## Health Awareness:

Lupus Awareness Month

National Blood Pressure Month

Mental Health Awareness Month

National Fitness Day - first Saturday in May

Fatigue Syndrome Day

World No Tobacco Day



***May 2021***

## Elizabeth's Recipe Corner – Tea Time Edition!

These are the scones we had for our teatime treat. It was a joy baking them for everyone to enjoy just like my mother used to do for me.

### **Bacon-Cheddar-Chive Scones**

2 cups unbleached All-Purpose Flour  
1 teaspoon salt  
1 tablespoon baking powder  
2 teaspoons sugar  
4 tablespoons cold butter  
1 cup coarsely grated or diced cheddar cheese  
1/3 cup snipped fresh chives, or finely diced scallion green tops  
1/2 pound bacon, cooked, cooled, and crumbled  
3/4 cup + 2 tablespoons heavy cream or whipping cream, or enough to make the dough cohesive

Preheat the oven to 425 degrees. Lightly grease a baking sheet, or line it with parchment.

- 1) Whisk together the flour, salt, baking powder, and sugar.
- 2) Work the butter into the flour until the mixture is unevenly crumbly, with some of the butter remaining in larger pieces.
- 3) Mix in the cheese, chives, and bacon until evenly distributed.
- 4) Add 3/4 cup of the cream, stirring to combine. Try squeezing the dough together; if it's crumbly and won't hang together, or if there are crumbs remaining in the bottom of the bowl, add cream until the dough comes together. Transfer the shaggy dough to a well-floured work surface.
- 5) Pat the dough into a smooth 7" disk about 3/4" thick. Transfer the disk to the prepared baking sheet.
- 6) Use a knife or bench knife to cut the disk into 8 wedges, spreading the wedges apart a bit on the pan.
- 7) Brush the scones with a bit of cream; this will help their crust brown.
- 8) Bake the scones for 22 to 24 minutes, until they're golden brown. Remove them from the oven and cool right on the pan. Serve warm or at room temperature.

## May Designations

### **Monthly:**

Asian American Month  
Gifts from the Garden Month  
Lupus Awareness Month  
National Barbecue Month  
National Blood Pressure Month  
National Photograph Month  
Older Americans Month  
Pacific Islander Heritage Month  
Mental Health Awareness Month

### **Weekly:**

Nurse's Week - first full week of month  
Emergency Medical Services Week - fourth week of month

### **Daily:**

#### May 1

Free Comic Book Day - first Saturday in May

May Day

#### May 3

World Press Freedom Day

#### May 4

National Teacher's Day - Tuesday of first full week of May

#### May 8

Child Care Provider Day or Daycare Provider Day - Friday before Mother's Day

Iris Day

#### May 12

National Receptionist Day the second Wednesday in May

#### May 15

Armed Forces Day - third Saturday of month

#### May 16

Wear Purple for Peace Day

#### May 18

Visit Your Relatives Day

#### May 21

National Waiters and Waitresses Day

National Endangered Species Day - third Friday in May

#### May 22

World goth day

#### May 28

Amnesty International Day

National Hamburger Day

#### May 29

International Jazz Day - Saturday of Memorial Day weekend.

## My Lego Creations By Lori P.

Hello Everyone, I just wanted to get back you about my project that I just got done making out of Legos. I just completed a set of Lego collections that I had just bought at Targets. There is a photo picture of these items that you will find most interesting and here is what they are;

1. The Alligator
2. The Yellow SUV
3. The Purple Flower
4. The Pink Flower
5. The Train and Caboose

I will be starting my next Lego project in April where I am going to be getting a set to start on. I will return soon for more pictures and my work.



## AT THE LIBRARY.

Due to extensive renovations, LAMP'S Programming will remain virtual until early fall (LAMP stands for Library of Accessible Media for Pennsylvanians). In addition to virtual programs, LAMP will also be sending reading material to its patrons.

Although LAMP'S programming is virtual, other branches of the Carnegie Library have limited curbside and in-person services. Regarding in-person services, time limits will be set to allow for social distancing, and patrons are expected to wear masks. With questions on time limits and whether appointments are necessary, visit: [www.carnegielibrary.org](http://www.carnegielibrary.org) to get contact info for your neighborhood branch, or get a phone number by calling Ready Reference: (412) 622-3114 if you have no computer or access to one

To say more about LAMP'S Virtual Programming, it includes their Book Club the third Thursday of each month, the third Thursday in May being the 20<sup>th</sup>. So that you can receive a link to Zoom or the phone number for audio only, call the library (412) 687-2440.

A final "At the Library" note is that there will be a Summer Reading Program this year, but there will be no kick-off extravaganza and all Summer Reading events will be virtual.

### AROUND THE BURGH

When the Pittsburgh Pirates Home Opener was held on April 8, fans were permitted, the capacity being 20%, with capacity being subject to change throughout the season based on COVID statistics; Allegheny County Health Department recommendations, and CDC (Centers for Disease Control) guidance. To stay aware of capacity changes in Pirates games or any event, watch the news or contact the venue that has the programming in which you are interested. The toll-free number for info and tickets for the Pittsburgh Pirates: (1-800-289-2927 or (1-800)BUYBUCS.

Kennywood Park will open on May 7<sup>th</sup> with ticketing information and the ability to order online being at: [www.kennywood.com](http://www.kennywood.com). To phone the park with questions (412) 461-0500. For persons seeking employment, Kennywood is currently hiring. To find out about available positions: [www.kennywood.com](http://www.kennywood.com).

The opening day for the Sandcastle Water Park, is not yet available on their phone line. To keep checking, Sandcastle's number is: (412) 462-6666, and their website is: [www.sandcastlewaterpark.com](http://www.sandcastlewaterpark.com)

To say more about places offering in-person events, the Carnegie Science Center is one venue. To ask or learn about upcoming events: [www.carnegiesciencecenter.org](http://www.carnegiesciencecenter.org), or (412) 237-3400. One upcoming event that will still be virtual, though, is a Science Fair.

Although the John Heinz History Center and Western Pennsylvania Sports Museum are open, the capacity is limited. To access their information by phone, (412) 454-6000 and follow the menu prompts. You can also visit their website: [www.heinzhistorycenter.org](http://www.heinzhistorycenter.org). Address: 1212 Smallman Street in Pittsburgh's Strip District

ACCR (The Allegheny County Coalition for Recovery) is a grassroots organization with a focus on persons who receive mental health, substance use or services for a co-occurring disorder working together to develop special projects to improve how care is given.

On the first Friday of the month, the first Friday in May being the 7<sup>th</sup>, the Quality Improvement Committee meets via computer or over the phone to discuss and plan projects that address how service users can receive better care. To join this Committee, phone Brandy: (412) 350-5964. By leaving your name and email address, Brandy will invite you each month to this meeting by providing the computer link and the number for audio only.

If your interest is more drug and alcohol recovery oriented, you'll want to join ACCR'S Drug and Alcohol Recovery group. That group meets the second Monday of the month which will be May 10<sup>th</sup>. Projects which this Committee has worked on include a housing series in which participants learned how to avoid eviction and other housing crises. To

learn more about this group or to join, Montaja Simmons: (412) 350-3841 or email: montaja.simmons@allegHENYcounty.us.

Just as there is a committee that meets the second Monday of each month, so, too, is there also a committee that meets the second Tuesday from 10:30 AM to 11:30 AM. To ask whom to contact, Terri Winaught: (412) 488-4912.

On the third Tuesday, which is May 19, The Education Committee meets from 12:30 to 2:00 PM. Though the primary focus of this committee is to develop brochures and training materials to educate providers on recovery, some of their literature is geared to anyone. If interested in joining, Aleta Barnett: (412) 366-3788.

The third Friday of the month from one to 2:30, the Public Awareness Committee meets to develop projects to increase awareness and acceptance of persons experiencing mental health issues. Again, Aleta Barnett, (412) 366-3788 is the contact person.

There is also a Recovery Collaborative Committee, but they are not recruiting new members until they can resume in-person meetings.

If you or a family member belong to New Horizons or People's Oakland, both agencies are closed but providing some services. New Horizons, for example, is offering to-go lunches from their location at 616 Lincoln Avenue, Bellevue from noon to 1:30 PM, and People's Oakland is offering a variety of groups on Zoom  
To order a meal, available Monday through Friday, phone New Horizons: (412) 766-8060.

To ask People's Oakland about or to sign up for their virtual groups: (412) 683-7140.

RESOURCES: With the Income tax filing deadline having been extended to May 17, which is the third Monday, anyone needing help filing can still request it. Places to contact include Just Harvest: (412) 431-8960. You can also call the United Way Helpline at 211.

If you are a senior, looking for supportive housing the following resources can help:

For Mettowers, a subsidized building for 62 and over the gross income limits are:

One household member can make no more than \$29,050

Two household members can make no more than \$33,200

Their contact info is 412-734-4111, their address is 1001 California Ave. Pittsburgh 15202

Mount Nazareth Commons phone number is 412-415-0475. The address is 250 Nazareth Way, Pittsburgh, PA 15229.

Interested individuals can also call over to the corporate office to get information about getting applications out to all of the supportive housing communities through Senior Care Network. The phone number is 412-435-8969. They will be happy to help

Living Stones is a Ministry is an organization that provides a variety of services, including meals on the second and fourth Sundays. (Since the second Sunday in May (the 9<sup>th</sup>) is also Mother's Day, call the Baldwin United Presbyterian Church (412) 653-1400. If you get the church's voicemail, they are good at calling back quickly. Address: 200 Knoedler Road, Pittsburgh, PA 15236. To ask if meals will still be served.) The starting time is 4:30 PM, and these hot to-go meals are distributed until the food is gone.

On the last Sunday of the month, which is May 30, hot to-go meals are served out of Saint Catherine's Catholic Church at 1810 Belasco Ave., Pittsburgh's Beechview neighborhood. Because the last Sunday in May is also Memorial Day Weekend, Terri Winaught will check to be sure hot meals are still being served that Sunday, Terri's number being (412) 488-4912.

#### About The Epilepsy Association By Lori P

If you happen to know someone who has Epilepsy or if they have a family member who has Epilepsy, There is an organization here in Pittsburgh where you or that individual can join to become a member. I have been a member there for the past several years and they have really helped me a lot. Here is the contact information for you to have in case you need to get in touch with somebody.

The Epilepsy Association of Western Central Pennsylvania  
The Cardello Building  
1501 Reedsdale Street, Suite 3002  
Pittsburgh, Pennsylvania 15233

You can ask for Francine Eden, Adult Services Coordinator  
Phone # 412-322-5880 Extension 304

With Blood Pressure Month being one of May's several designations, the Paths to Wellness Team thought it would be beneficial to share modifications and recommendations for blood pressure improvements.

Because some of the terminology and abbreviations might be unfamiliar to some of you, we have included a glossary at the end in which terms and abbreviations are defined.

DID YOU KNOW? From Mary, Peer Intern (credit American Heart Association)

What can I do to improve my blood pressure?

If you smoke, STOP!!

MODIFICATION: (what you have to do: Weight reduction.)

RECOMMENDATION FOR MAINTAINING NORMAL BODY WEIGHT: (BMI equals 18.5-24.9 KG (kilograms per meters squared. Approximate SBP reduction range: 5 mmHg

MODIFICATION- Eating plan.

RECOMMENDATION-Diet rich in fruits, vegetables, low in dairy fat and reduced in fat. Approximate SBP (systolic blood pressure reduction range-11 mm Hg.

MODIFICATION: Restrict sodium intake. Less than 1500mg of sodium per day.

Approximate Reduction Range: 5-6 mm Hg.

MODIFICATION: Physical Activity.

RECOMMENDATION-Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week.

Approximate SBP Reduction Range-5-8 mm Hg.

MODIFICATION- Moderation of alcohol consumption. No more than 2 drinks per day for men, and 1 drink per day for women.

Approximate SBP Reduction Range-4 mm Hg. (The above modifications and recommendations are from The American Heart Association and the American Stroke Association.

Ranges according to 2017 hypertension clinical practice guidelines.

#### GLOSARY/DEFINITION OF TERMS

bp = blood pressure.

BMI = Body Mass Index.

SBP= systolic blood pressure.

Eating Plan = Dietary approaches to stop hypertension.

Mm Hg = millimeters of mercury.



## The Sounds of the Pirates Opening Day at PNC Park

By Brian Treece

It has been 545 days since the last ball game at PNC Park with fans in the stand. The smells of hot dogs, brots, hamburgers, and all the usual ballpark food and drinks filled the air.

The sight of people coming over the Clemente Bridge made it feel like we were returning to at least some sense of normalcy.

With the sound of the crack of the bat and home runs, the most amazing fans cheering echoed through PNC Park -- enjoying baseball once again. There is no other sound than the fans booing the hated Cubbies. We also can't forget the men in blue. I was just happy to be able to cheer my Buccos on in person but, more importantly, I was able to forget about everything that has gone on for the last year. Just for a few hours, it was as if it was 2019 again. All people cared about was seeing their friends and family and watching Pirates baseball.

### Tea party news: March 22, 2021

Elizabeth, Paths to Wellness team member, hosted a wonderful tea party to honor Mercy's Irish Heritage on St. Patrick's Day. She made delicious bacon cheddar scones, which everyone ate, the pan was empty! I helped with making Irish Breakfast Tea, served with sugar cubes. Elizabeth shared her huge blue and white eclectic tea set collection (that took her over 20 years to collect) which we enjoyed drinking from. We did a Victorian parlor game called the ministers' cat that was good fun. The winner got a fresh bouquet of flowers. Thank you to Elizabeth for hosting a traditional and unique tea party with Psych Rehab and Paths to Wellness! And like tea, Mercy is "steeped" in traditions. – Nicole M.



From left to right: Elizabeth pouring a cup of tea, Nicole and Elizabeth wearing aprons, Irish Breakfast tea and bacon cheddar scones ready to be served.

A Blast from The Past

A Mixtape from 1985 by Lori P.

Name of Song / Group or Artist:

Careless Whisper / Wham

I Want To know What Love Is / Foreigner

Everybody Wants To Rule The World / Tears For Fears

Take On Me / A-Ha

Easy Lover / Phillip Bailey and Phil Collins

We Built This City / Starship

Don't You Forget About Me / Simple Minds

Heaven / Bryan Adams

Oh Sheila / Ready For The World

One More Night / Phil Collins

We Belong / Pat Benetar

Things Can only Get Better / Howard Jones

Freeway of Love / Aretha Franklin

Never Surrender / Corey Hart

Sussudio / Phil Collins

Missing You / Diana Ross

Raspberry Beret / Prince and The Revolution

Better Be Good To Me / Tina Turner

In My House / The Mary Jane Girls

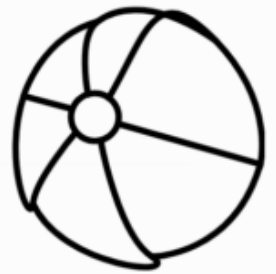
Too Late For Goodbyes / Julian Lennon

I'm On Fire / Bruce Springsteen

Private Dancer / Tina Turner

Voices Carry / Til Tuesday

Be Near Me / ABC



# HELLO SUMMER!

C	S	J	R	G	S	W	I	M	S	U	I	T	S	X	Z	X	B
L	B	M	I	S	U	N	S	H	I	N	E	A	Z	P	I	F	U
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BARBECUE  
 BEACH  
 BIKES  
 CAMPING  
 FIREWORKS  
 FLIPFLOPS  
 FLOWERS  
 FRIENDS

FRUIT  
 FUN  
 HOT  
 LEMONADE  
 MEMORIES  
 POOL  
 POPSICLES  
 RELAX

SANDCASTLES  
 SUNSHINE  
 SWIMMING  
 SWIMSUITS  
 VACATION

