

Serving the communities of

Greater Hazelwood • Greenfield • 31st Ward • New Homestead • The Run

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July 2020

## JADA House and GHCC Continue to Serve the Hazelwood Community During the Pandemic

By Gerri Tipton

Since entering the green phase, things have slowly started to go back to normal. A lot of businesses have opened, and people are going back to work. A couple of the smaller organizations in Hazelwood have continued to help people during the pandemic, including JADA House and the Greater Hazelwood Community Collaborative (GHCC).

Terri Shields serves as the executive director and founder of JADA House International and chair of the Greater Hazelwood Community Collaborative. She has served as the director of JADA for 6 years, and as the chair for GHCC for 6 months. Her work and accomplishments with both

organizations have thus far been a great success. The GHCC, an organization consisting of groups, businesses, and non-profits either working or based in the community, serves as the community roundtable for members to discuss issues and projects that could affect the whole neighborhood. "With GHCC, I help be the gatekeeper of the community. I make sure the wrong people don't get in and the right people do get in. I also make sure the community is compensated when the right people get in, and when they are trying to buy up units and housing," said Shields. As chair of the GHCC, Shields brings different organizations into the community and an ex-



Terri Shields, founder and director of JADA House Int., and Chair of the GHCC

ecutive committee oversees their presentations. "Once they present, [the committee] decides if the [organization is welcome in the community.]"

JADA House is a community faith-based outreach ministry. Shields started it back in 2014 in the comfort of her home,

where women would come together and talk about social issues, such as illnesses or children who died of gun violence, then provide support to whoever needs it throughout the week. "I would host a fellowship which included cooking meals and would discuss agendas and social issues. I wanted to do something to help encourage people."

Shields was later able to get a grant for \$25,000 for JADA. She then moved out of her house after 4 years and took her meetings to the Spartan Center. JADA House also hosts numerous events in the Hazelwood community for people to look forward to. "We do community outreach activities such as a blast off

where we give away book bags and school supplies, a senior luncheon and a toy drive. Everything has been very successful."

When asked if her duties are difficult, being both a chair of one organization and a director of another, Shields said, "I would describe my duties as challenging, not difficult, because I love what I do." Shields has been helping serve the community during the pandemic along with other Hazelwood organizations in the GHCC by collaboratively working together to serve the needs of the community. "We come together and serve lunches, dinner, school supplies, etc., everything comes from all

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## History of the Greater Hazelwood Prayer Initiative

By June Jeffries

Grace and peace, I would like to share with you the history of the Greater Hazelwood prayer ministry. This ministry was conceived out of the annual Hazelwood Gazebo Revival (July 12, 2019) hosted by the Marsden Block Club (MMBA) under the leadership of Sister Juanita Godfrey. I have been an invited preacher to this powerful, annual community event for over 15 years. My message this year was simply stated: "God said PRAY". This call to pray was embraced by all in attendance.

We were then moved to begin having planning meetings at the Hazelwood library, open to all, to plan



Residents gather in prayer outside of Propel Hazelwood

how we could progress on this directive. We set in motion three phases for our community: Prayer for our school, prayer in our community and implementation for a continual prayer line. We agreed to have a prayer around the Hazelwood Propel school building prior to the staff and student body returning to school. This event

was held on August 6, 2019 at 7:30 p.m. and was led by Sister Catherine Haywood from St John's Evangelist Baptist Church.

We also agreed to do a community Prayer Walk which was held Saturday October 5, 2019 from 2:00-4:45 p.m. We started at the Hazelwood library/business district and walked to three other locations. We walked and prayed over the Elizabeth Street bridge to Kaboom Park, then to the Glen Hazel Gazebo and ended at Glenwood Memorial Park. We now have in place a Greater Hazelwood Prayer Line. Our first prayer call was January 21, 2020. The prayer call is held every third Tuesday at 7 p.m. on a free conference call line (425-436-6395, 257175#). It is open to all. We send out flyers, post on several social media sites, tag



Prayer walkers assemble in front of Hazelwood Library (Oct. 5, 2019)

the GHCC email listing and word of mouth for all to join us.

We have had great support on all these efforts, and we are grateful to the Greater Hazelwood community residents and their support to have prayer knit into the fabric of our community. We had no idea that 2020 would be a year that would send the world into chaos, so we are so grateful that prayer

has already been a part of our community. Prayer for family, friends, the country, sick and shut in, youth, jobs, addictions, military, churches, community business, seniors, COVID-19, first responders, and all other requests. Spread the word and join your community in prayer. A family that prays together stays together.

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# The Homepage

Serving the communities of  
Greenfield · Hazelwood · Lincoln Place · Hays · New Homestead

*The Homepage is published by the Hazelwood Initiative, Inc., a community based non-profit, and is made possible thanks to advertising revenue from local business and organizations.*

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The Homepage encourages all residents of Hazelwood, Greenfield, Glen Hazel, Glenwood, Hays, New Homestead, and Lincoln Place, along with those who have an interest in these communities, to use this paper as a platform to promote resources, events, services, and community initiatives to further connect and strengthen their neighborhoods.

The Homepage reserves the right to decide what content is appropriate for publication and may edit submissions for length or form. The opinions expressed, whether by paid advertisement or editorial content, do not necessarily reflect the views of this newspaper, the Hazelwood Initiative, Inc., the Greenfield Community Association, nor the 31st Ward Community Action Group.

Email your letters to:  
adirosa@hazelwoodinitiative.org



## Our Mission Statement

The mission of the Hazelwood Initiative, as a community based development corporation, is to build a stronger Hazelwood through inclusive community development.

## Hazelwood Initiative Partners with Circles for Residents Seeking Homeownership

By Gerri Tipton

Homeownership is one of the most common goals for many people. Some can get intimidated when it comes to wanting to own a home, especially those who are concerned about credit or saving. This is why Hazelwood Initiative has partnered with Circles Pittsburgh to make it easier for people to start the process of homeownership. Circles Pittsburgh is a non-profit organization for lower- and middle-class residents offering assistance in achieving their goals, primarily those interested in home ownership. I myself have been part of Circles Pittsburgh at its East Liberty branch for 5 years now, and I must say they have been nothing but helpful.

Sonya Tilghman, executive director of Hazelwood Initiative, gave me more information on how Hazelwood Initiative came together with their partnership with Circles. “Hazelwood Initiative is using a state funding program, the Neighborhood Partnership Program, to support a long-term (6-year) relationship with Circles. Circles will be providing financial and homebuyer education to Greater Hazelwood residents.” So, how does the process work with getting your homeownership goals in order? It starts with potential homeowners attending buyer education classes and, of course, getting your credit together.

“Most people are unclear on the process and/or need to improve their credit in order to be able to get a mortgage to buy a home. Anyone interested in homeownership can contact Hazelwood Initiative and we will let you know what houses we have available, discuss timing of the renovations, and ex-

plain the various programs we can help them access to make the home more affordable, like down payment and mortgage assistance programs.” They are then referred to Circles, who will help them access the homebuyer education session and work on their credit.

Even though Circles Pittsburgh is headquartered at the main branch in East Liberty, in the near future they will be hosting their programs virtually. “When the in-person meetings restart, the meetings in Hazelwood will begin again.” Homeownership is important for the Hazelwood community, and now is the perfect time for families to start the process while the community is thriving.

“For now, we are still able to get renters into homes for less than they are paying in rent. In a neighborhood like

ours, where rents are expected to rise a lot over the next several years, now is the right time for families to get into a home of their own and eliminate the risk of being displaced from the community because the rent becomes unaffordable.” Hazelwood Initiative is expected to renovate 7 homes this year. “Anyone interested in homeownership can call HI at 412-421-7234. We will also put information in The Homepage when Circles sessions are taking place or when homes become available. They can also watch our Facebook page (The Hazelwood Initiative) for more regular updates.”

HAZELWOOD  INITIATIVE INC.

# COVID-19: Greater Hazelwood Food Distribution

Center of Life	Delivering prepared meals Monday – Friday from 11am – 1pm 412-521-3468
Community Delivery Hotline	Grocery delivery 412-568-3579
Fishes and Loaves	Prepared meals available for pick-up Monday - Friday from 11:30am – 1pm Meals-on-Wheels also available for meal deliveries 131 E Elizabeth – St. Stephens Pastoral Center 412-499-4313
POORLAW	For Glen Hazel residents - poorlaw@gmail.com 412-670-8421 or 412-478-8299
Praise Temple Deliverance Church	For Glenwood residents 5400 Glenwood Ave 412-277-0113

## Hotlines, Alerts, & General Information

### Allegheny County Health Dept.

24/7 hotline:  
888-856-2774

### Phone Alerts:

[www.alleghenycounty.us/alerts](http://www.alleghenycounty.us/alerts)

### General Information & Assistance:

Call 2-1-1  
OR text your zip code to 898-211  
OR visit [PA211sw.org](http://PA211sw.org)

### Center of Life

Covid-19 Online Resource Guide  
[centeroflifeonline.net/covid](http://centeroflifeonline.net/covid)

### Hazelwood Initiative Community Updates

[facebook.com/hazelwoodinitiative](https://facebook.com/hazelwoodinitiative)

### Praise Temple Community Hotline

\*Answering M-F, 10am-2pm  
Messages returned next day  
412-422-1983

## YMCA OFFERING FREE TAX ASSISTANCE IN HAZELWOOD

Don't stress about your taxes this year!  
You may be able to get free tax assistance from Pittsburgh YMCA volunteers.

Meetings will be held at St. Stephen's Pastoral Center on the following days, beginning Feb. 13, **by appointment only:**

**Thursdays:** 9 a.m. to 1 p.m.  
**Fridays:** 9 a.m. to 1 p.m.  
**Saturdays:** 10 a.m. to 4 p.m.

Please call 211 to sign up.

Thank you to the YMCA for offering this helpful program!

## "Just For Today" Nar-Anon Family Group Meeting



Wednesdays at 6:30 PM  
First Hungarian Reformed Church – Calvin Hall  
221 Johnston Avenue  
Contact Cindy at 412 421 7076

If you have a loved one, family member or friend that suffers from the disease of addiction, these meetings are for you.

## Houses of Worship

### Church of the Good Shepherd

124 Johnston Avenue  
Pittsburgh, 15207  
412-421-8497  
[hazelwoodgoodshepherd@gmail.com](mailto:hazelwoodgoodshepherd@gmail.com)  
[www.hazelwoodgoodshepherd.org](http://www.hazelwoodgoodshepherd.org)

### First Hungarian Reformed Church of Pittsburgh

221 Johnston Avenue  
Pittsburgh, 15207  
412-421-0279

### Holy Angels Parish

408 Baldwin Road  
Pittsburgh, 15207  
412-461-6906  
[www.holyangelschays.org](http://www.holyangelschays.org)

### Keystone Church of Hazelwood

161 Hazelwood Avenue  
Pittsburgh, 15027  
412-521-3468

### Morningstar Baptist Church

5524 Second Avenue  
Pittsburgh, 15207  
412-421-6269

### Mary S. Brown-Ames United Methodist Church

\*During construction of new building -  
Temporarily meeting at:  
515 West 8th Avenue  
Homestead, PA 15120  
412-421-4431  
[info@brightredfence.org](mailto:info@brightredfence.org)  
[www.brightredfence.org](http://www.brightredfence.org)

### Praise Temple Deliverance Church

5400 Glenwood Avenue  
Pittsburgh, 15207  
412-277-0113

### Squirrel Hill Christian Church

290 Bigelow Street  
Pittsburgh, 15207  
412-521-2447  
[www.squirrelhillcc.wixsite.com](http://www.squirrelhillcc.wixsite.com)

### St. John the Evangelist Baptist

4537 Chatsworth Avenue  
Pittsburgh, 15207  
412-521-0994  
[info@stjohnpgh.org](mailto:info@stjohnpgh.org)  
[www.stjohnpgh.org](http://www.stjohnpgh.org)

### Holy Cross Evangelical Lutheran Chapel

5319 Second Avenue  
Pittsburgh, 15207  
412-521-0844  
[www.holycrosspgh.info](http://www.holycrosspgh.info)

### St. Rosalia's Catholic Church

411 Greenfield Avenue  
Pittsburgh, 15207  
412-421-5766  
[strosaliaparish@gmail.com](mailto:strosaliaparish@gmail.com)  
[www.strosaliaparish.org](http://www.strosaliaparish.org)

### St. Stephen Catholic Church

5115 Second Avenue  
Pittsburgh, 15207  
412-421-9210  
[saintstephen@verizon.net](mailto:saintstephen@verizon.net)  
[www.ststephen-hazelwood.org](http://www.ststephen-hazelwood.org)

### Warriors of Holiness in Power

(W.H.I.P. Ministries)  
1174 Mifflin Road  
Pittsburgh, 15207  
412-461-5572  
[whipwarriors@gmail.com](mailto:whipwarriors@gmail.com)  
[www.whipministries.org](http://www.whipministries.org)



## Jada House and GHCC - Continued from Front Page

of us. I oversee it, and the organizations do the work. It's a little rocky, but we come together and make it work." Under Terri's leadership, the GHCC has not only served as the community roundtable, but has turned into an action based group coordinating amongst its members to provide direct material relief to residents, while also working through new challenges as the pandemic and regulations change. This has been done via weekly Zoom calls, which have led to great reviews of Terri's poise in leading these many groups' efforts through a new and uncertain situation.

People may describe Shields as a leader, but to her, she does what she has to do just to help out the members in the community. "A leader has to sit back and listen. You can't be a leader if you don't want to listen and learn. People see me as a leader, but I just see it as doing stuff that I like to do. Leadership comes with a territory, it comes with your character, listening, taking suggestions, letting people be heard."

As far as what you should expect from GHCC and the JADA House,

Shields has a few things for people to look forward to and wants people to know that Hazelwood will continue to thrive. "Everybody has a voice, everybody has an opinion, and everyone wants to be heard, and we listen."



**Summer Cookout**

We've Missed You ALL

Join us for Food, Music, Mask Making and Games

This event will be outdoors. Masks and social distancing required.

July 17th 1-4 PM  
Rain date July 24

\*Subject to change if necessary. Call 412-254-8733 to confirm

**Planned Parenthood**  
Care. No matter what.  
Planned Parenthood of Western Pennsylvania

**CARE NO MATTER WHERE**

## Prayer Initiative - Continued from Front Page

Below you can read testimonies from those who've participated in the Prayer Initiative:

### Testimony #1:

"The Hazelwood Prayer Line is a place where there is unity in the community through prayer, but don't let that title fool you—there is also unity from outside of the community on the Hazelwood Prayer Line. All are welcome to join in and it's free. You can call in and just listen, ask for prayer or you can also pray yourself. We know prayer changes things and we want to help strengthen our community through prayer. Matthew 18:20 (KJV) says for where 2 or 3 are gathered together in my name there I am in the midst of them. Thank you."—Ms. Juanita Godfrey

### Testimony # 2

"In the midst of a changing and evolving community, a precarious pandemic, and radical racial injustice concerns, there is a place where

you can find the togetherness of hope and encouragement.

It is the Greater Hazelwood Prayer Initiative Prayer Line! In these perilous times, people need an anchor, and Pastor June Jeffries presents such an opportunity that allows people to come together and pray in the convenience of their own homes. People of all walks of life can call into the line where the name of the Lord is magnified, and petitions are sent up to God. On the Prayer Line, you can worship the Lord in spirit and in truth. You can choose to pray or just offer fellowship in listening. You can sing praises to God or just hum along in the joy of the Spirit. On this Prayer Line, there is no advertising what's going on at your church or competition of membership counts. It is just 'down to earth' praying and concern for the hearts and souls of the neighborhood and its folks. Individuals can ask for prayer for family and friends and even their enemies! God hears the prayers of His people and this Prayer Line keeps it real! Genuine love for God is always felt. The Bible says, when two or more

are gathered in His name, He is in the midst. When you depart from the call, you leave with a sense of hope and reassurance that you can make it through the storms of life with God! Come join in! All are welcomed. It's only once a month. But if you pray about it, Pastor June may go to twice a month!" —Minister Diane Murray

### Testimony # 3

"I am honored to give my testimonial about the Greater Hazelwood Prayer Line. This prayer line has been nothing short of a blessing. To be able to gather on a conference line regularly in prayer with such a diverse group of believers is amazing. The power in prayer has been evident in the community as we are witnessing an increase in unity and a decrease in crime rate, and I believe that God is and will continue to hear the hearts of His people. I am honored to be a small part of the great things that God is doing in and through the Greater Hazelwood Prayer Line."

—Elder Ebony Moultrie, Pastor/Breakthrough Remnant Ministries

Our prayer is that we will continue to grow as a community that continues to grow in prayer and relationship and fellowship. As the world we knew is changing, we believe that God remains the same. Prayer is earth calling heaven and knowing that heaven will always take the call.

Pray without ceasing, 1 Thessalonians 5:17 (NKJV)



COVID-19 FINANCIAL ASSISTANCE FOR HAZELWOOD & GLEN HAZEL

# HAZELWOOD INITIATIVE NIF C-19 GUIDELINES



Up to \$1000 Housing Assistance    Up to \$300 Utility Assistance    Up to \$200 Basic Needs

### KEY FACTS

- Only for residents of Greater Hazelwood
- **Choose 1 grant type**
- You can apply for another in 2 months
- Include a copy of the bill(s) you need paid
- Return application by mail, email, or call for an appointment



### APPLICATION PICK-UP LOCATIONS

- ✓ Hazelwood Initiative
- ✓ C&D's Kitchen
- ✓ Monae's Hair Studio
- ✓ Family Health Center
- ✓ Elizabeth Pharmacy
- ✓ Dylamato's Market

Hazelwood Initiative, 4901 Second Ave., 2nd floor  
(412) 392-7427 | ttaultonshazelwoodinitiative.org

# FISHES & LOAVES congregate LUNCH

At St. Stephen's Pastoral Center  
131 E Elizabeth St. Pittsburgh, PA 15207

**now open  
for take out  
meals!**

**MONDAY THROUGH FRIDAY**  
**11:30 AM TO 1 PM**  
Free and open to the public

# BLACK LIVES MATTER



## Pedal for a Purpose! Protest Bike Ride

Bike through Hazelwood and Southside  
in solidarity against racism!

**Date/time: Sunday, July 26 at 10am**

For updates on location, follow Jordan Rose on Instagram  
@i\_getmefit & Hazelwood Initiative's Facebook

**No bike? No problem.** Healthy Ride is offering a 4 hour Free Ride Code for all ride participants. Rent from any of the 100 stations, or limited quantities (17 bikes) will be available at the start. Promo code will be shared on the above social media. You must be at least 16 years of age and have a Healthy Ride account to rent a Healthy Ride bike.





# 31<sup>ST</sup> WARD WIRE

Lincoln Place • Gates Manor  
Hays • New Homestead



## Our Mission:

The 31<sup>st</sup> Ward Community Action Group was established to bring the residents of our community together, advocate for the neighborhoods' needs, and to support the youth, veterans, and senior citizens of the 31<sup>st</sup> Ward and surrounding areas.

## 31<sup>st</sup> Ward Churches



**Holy Angels Parish**  
408 Baldwin Road  
Pittsburgh, PA 15207  
412-461-6906  
[www.holyangelsghays.org](http://www.holyangelsghays.org)

**Lincoln Place Church of the Nazarene**  
5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-462-2524  
[www.ipnaz.org](http://www.ipnaz.org)

**Lincoln Place Presbyterian Church**  
1202 Muldowney Avenue  
Pittsburgh, PA 15207  
412-461-3377

**Mt. Rise Baptist Church**  
80 Ingot Street  
Pittsburgh, PA 15120  
412-462-8333

**Maoz Tzur - Rock of Ages Messianic Jewish Congregation at Lincoln Place Church of the Nazarene**  
5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-609-1117

**St. John the Baptist Byzantine Cathedral**  
210 Greentree Road  
Munhall, PA 15120  
412-461-0944

**Warriors of Holiness in Power (W.H.I.P. Ministries)**  
1174 Mifflin Road  
Pittsburgh, PA 15207  
412-461-5571

## 31<sup>st</sup> Ward CAG Corner

Join us for community planning and events, discussion of current concerns and goals, as well as updates from Zone 4 Police, the Office of Councilman O'Connor, and the Mayor's Office

Lincoln Presbyterian Church,  
1202 Muldowney Ave, Pittsburgh, PA 15207

\*Monthly meetings every 2nd Tuesday at 7 PM  
Social Hall of LP Presbyterian Church.  
Enter on Cooley Way

### Contact us:

Email: [executiveboard@31WardCag.org](mailto:executiveboard@31WardCag.org) Website: [31stwardcag.org](http://31stwardcag.org) Find us on Facebook!



## 31<sup>st</sup> Ward Flag Fund

Your donation will help our volunteers to install and maintain American flags that line the streets of the 31<sup>st</sup> Ward.

Please make checks payable to the **31<sup>st</sup> Ward Community Action Group** and mail to 944 Sunflow St, Munhall, PA 15120. Include a return mailing address if you would like a receipt of your donation.

Send a donation via Venmo to @Pgh31stWardCAG  
[www.venmo.com/Pgh31stWardCAG](http://www.venmo.com/Pgh31stWardCAG)

## Support Community Life in Lincoln Place - Donate to Help Replace Our Roof

Lincoln Place Presbyterian is more than just a church. It is the center of many different community activities and uses. It plays host to:

- Neighborhood and Holiday meals & gatherings
- Senior functions
- Youth activities
- Political engagements & voting
- The meeting place of the 31<sup>st</sup> Ward Community Action Group



Since the health crisis interrupted our usual fundraising events, we are reaching out to our neighbors for any amount they are comfortable donating during this difficult time.

Donations can be mailed to:  
1202 Muldowney Ave  
Pittsburgh, PA 15207

## Holy Angels Parish

Tuesday - 8:00 AM  
Thursday - 8:00 AM  
Friday - 8:00 AM  
Saturday - 8:00 AM  
Saturday Vigil - 6:00 AM  
Sunday - 9:30 AM  
Confession: Saturdays after 8am 'til 9am

## Lincoln Place Presbyterian Church

Sunday Worship Service - 9:30 AM  
Monday - NAs 7:00 PM  
Tuesday - Senior Lunch & more 12:00-2:00 PM  
For more info call: 412-461-3377

## Lincoln Place Church of the Nazarene

Sunday School (all ages) - 9:30 AM  
Children's Church - 10:30 AM  
Morning Worship - 10:30 AM  
Evening Service - 6:30 PM

Monthly food pantry - 3rd Saturday (8:30 AM)  
at Lincoln Place Presbyterian

Need a ride to church?  
Call Darrel at 412-461-6742



# PHFA – CARES Act: Financial Assistance for Renters and Homeowners Now Available; Application Submissions Can Begin July 6

*People who lost income due to the pandemic-related economic slowdown may be eligible for rent or mortgage assistance to help them stay in their homes.*

Renters and homeowners who were financially impacted by the economic slowdown related to the coronavirus pandemic will be able to access applications for rent and mortgage relief starting June 29. At that time, applications will be easily accessible from a red banner on the Pennsylvania Housing Finance Agency's website at [www.PHFA.org](http://www.PHFA.org). PHFA is administering both programs.

PHFA is currently identifying organizations in all 67 counties to help it process the large number of rent relief applications anticipated. People will submit their applications and supporting paperwork to these county organizations for review. The Federal Coronavirus Aid, Relief and Economic Security (CARES) Act, passed in March, provided \$3.9 billion for Pennsylvania and is intended to help people hurt economically during the pandemic. In late May, the General Assembly directed \$175 million of these CARES dollars to PHFA to provide assistance for struggling renters and homeowners. The portion for rent assistance is at least \$150 million, and \$25 million was set aside for mortgage assistance.

During June, in a period of about four weeks, PHFA is developing detailed programs for distributing this financial assistance quickly to people in need while following legislative requirements. The agency will begin accepting completed applications for rent and mortgage assistance on July 6. "Our goal is to make this financial assistance available as quickly and easily as possible while ensuring applicants meet the eligibility requirements established by the state legislature," said Robin Wiessmann, PHFA executive director and CEO. "Keeping people in their homes is essential for our economic recovery, and we are grateful that the General Assembly and Governor Wolf recognize that stable housing provides the

foundation on which to build that recovery."

For renters to be eligible for financial assistance under the CARES Rent Relief Program (RRP), they will need to document at least a 30% reduction in annual income since March 1 related to COVID-19, or they must have become unemployed after March 1. If unemployed, they must have filed for unemployment compensation with the Pennsylvania Department of Labor and Industry. Their household income cannot exceed the Area Median Income for their county of residence, adjusted for the number of people in their home.

Renters who qualify may receive assistance equal to 100% of their monthly rent up to \$750 a month for a maximum of six months of assistance for the time period between March 1 and November 30, 2020. Payments will be made to their landlord on their behalf. Renters or landlords can apply for rent relief for apartment tenants, but renters are responsible for submitting all the documents needed to ensure their eligibility.

Homeowners who became unemployed after March 1 or who suffered at least a 30% reduction in annual income due to reduced work hours and wages related to COVID-19 may be eligible for financial assistance to help with missed mortgage payments. To qualify for the Pandemic Mortgage Assistance Program (PMAP), they must be an owner-occupant of their residence, the dwelling must consist of one or two separate units, the mortgage must be at least 30 days delinquent, and the homeowner's annual household income must not exceed the Area Median Income for their county of residence, adjusted for the number of people in their home.

The assistance available for

homeowners can be up to \$1,000 a month for a maximum period of six months. The time period eligible for assistance is for mortgage payments owed from March 2020 through December 2020, however any CARES assistance provided must be disbursed by Nov. 30, 2020. Financial assistance payments through this program will be made directly to the mortgagee. Homeowners or their lenders can apply for mortgage relief, but homeowners are responsible for providing all the documents needed to determine their eligibility.

Applications for both rent and mortgage assistance will be easily accessible from PHFA's homepage starting June 29. At that time, people will be able to click on a red banner on the website to access the applications and other helpful background information. The red banner is already live on the site advising people of the date applications will be available.

The agency's call center is available weekdays from 8 a.m. to 5 p.m. to assist the public and help with questions about the programs. The toll-free number is 1-855-U-Are-Home (827-3466). Callers should listen for the prompt mentioning CARES assistance for renters and homeowners. The county organizations to which CARES applications are submitted will also have webpages offering useful information. The CARES funding for renters and homeowners must be completely distributed by Nov. 30, 2020, although it is expected the assistance will be exhausted before the deadline because of the tremendous need by people hurt financially by the pandemic.

## About PHFA

The Pennsylvania Housing Finance Agency works to provide affordable homeownership and rental housing options for older adults, low- and moderate-income families, and people with special housing needs. Through its carefully managed mortgage programs and investments in multifamily housing developments, PHFA also promotes economic development across the state. Since its creation by the legislature in 1972, it has generated nearly \$14.6 billion of funding for more than 178,325 single-family home mortgage loans, helped fund the construction of 136,215 rental units, distributed more than \$109.2 million to support local housing initiatives, and saved the homes of more than 50,300 families from foreclosure. PHFA programs and operations are funded primarily by the sale of securities and from fees paid by program users, not by public tax dollars. The agency is governed by a 14-member board.



# The Summer of Pan:

## An Exercise in Community Food Security Preparedness

By Matt Peters

Chair of the Hazelwood Urban Ag Team

The Urban Ag Team had such wonderful plans for 2020—all these amazing workshops and teach-ins and skill-share seed swap plant lore sessions, and then, well, you know. And yet, whether despite the troubles and hardships or because of them, amazing things have happened in our three community gardens this year!

A groundswell of interest in growing food is exactly the right response to the conditions presented by the virus pandemic, and we have this new infrastructure just in time to meet that demand. Fortunately, the “pandemicomium” did not disrupt the construction of new garden beds predominantly funded by last year’s grants, and all 18 new beds at the Y Garden are already allotted! This success shows that there is huge demand for this service in

our neighborhood, and one important thing we’ve learned is that with about a third of the beds allotted to residents from Greenfield, land access is an issue that transcends neighborhood boundaries.

The densely populated ridgetop community may not have the open arable land that we have, so Hazelwood has an opportunity to leverage our gardens to support local businesses on Main Street by attracting these folks down here, who may buy a cold drink or a sandwich after an hour of tending their bed, or bring their friends and family around to show it off and then go to a local restaurant or shop the boutiques. This grassroots model of community development is based on population stability and decentralized connectivity at a personal level, resources in which Hazelwood is



The allotment beds at the former YMCA garden were built with locally milled hemlock lumber and funded with grant support from GrowPgh and the PA Dept. of Agriculture. Photo: Matt Peters

uniquely strong. As new businesses and corporations move in and set up new main streets on the flats across the tracks, we can build this model alongside it by identifying future

garden sites now, many of which are included in the various planning documents that the neighborhood has developed over the past five or

*Continued on Page Nine*

## The Green Way

### Love and Consequences

Nobody gets out of this life alive, though the soul survives. The basic choice is between love and fear. Choose an open heart and your life will be more difficult. Your heart will be broken, but your life will be enriched. Fear is a slippery slope which ends in unconsciousness; your fear helps create that which you fear.

There is a good reason for everything that happens. Closing one's eyes in fear is like burying your head in the sand—you're making yourself more vulnerable. Choosing to adopt the attitude that there is always something to enjoy gives the kind of endurance that allowed Nelson Mandela to survive 25 years of imprisonment and make friends with his captors. There's plenty to be angry about—corruption, pollution, economic inequality, racism, greed, theft, mainstream media lies, powerful individuals and groups taking advantage of problems to make money (and often creating them).

There is a saying, "No good deed goes unpunished." There was a children's book called *Upside Down Town* in which everything was the opposite of what it seemed; get on the elevator, for instance, hit up and the elevator goes down. This is very much what we have today. Many of those in power are ignorant and mentally ill, but their money masks this. I

choose to focus on the good things.

According to Hopi elders, we are now in the age of the Great Purification, which seems similar to Christian prophecy of Apocalypse followed by a thousand years peace. It says in the Bible "Resist not evil." It's far more effective to nurture the good rather than fight the bad. Every change for the better initially causes disruption. As we move from allegiance to a single country to allegiance to the Earth, we are discovering enormous power for good. Working together under Spirit there is no reason whatsoever we can't each play a role in establishing a Heaven on Earth.

I am not downplaying the degree of trouble we're in. Should we manage to defeat Covid-19, for instance, there are a thousand more diseases coming unless we re-establish biological diversity to keep them in check. Thanks to Grounded Strategies ([grounded-pgh.org](http://grounded-pgh.org)) and the city's Food Policy Planner Shelly Danko+Day. I can give many seeds to anyone who will plant them. This is the time to go all out greening. Call or email me.

*"Let us not look back in anger, nor forward in fear, but around in awareness."*

~James Thurber



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## Summer of Pan - Continued from Page Eight

ten years.

One of the main opportunities for more serious food production in our neighborhood is the Blair Field, an abandoned playground where the City will soon no longer provide any maintenance at all. This field appears to have never been developed for housing, so the soil there might be unusually intact and uniquely suited for agriculture. These and other opportunities for food production and nutritional sovereignty will be part of the community dialogue about development in our neighborhood.

Grounded Strategies Inc. continues to provide substantial support. Although their hopes for community engagement and activity through workshops and afterschool activities for kids were also dashed by the federal mismanagement of the pandemic, they continue to help us maintain Everybuddy's Garden located at Elizabeth and Lytle streets. The main impact of the pandemic

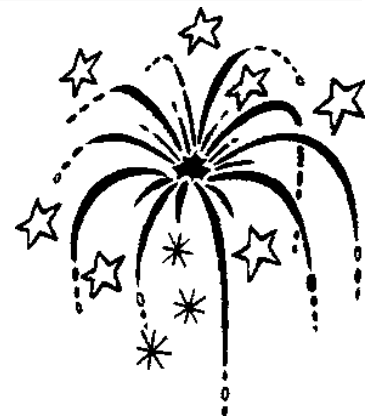
cut our ability to reach out to residents of the Glen, where the garden next to all the construction activity offers an opportunity for food production. This year we are growing sunflowers and cucumbers, a companion pair according to agricultural lore, thanks to the volunteer energy from Valerie M. who tends that site most Tuesday mornings.

While opportunities to hold actual workshops on topics like canning and food production or preservation may be limited, there are resources aplenty online to give guidance on the basics of making pickles and jam at home. Grow Pittsburgh's website is our area's best clearinghouse for all sorts of information, and you can browse the history of posts on our ag team's Facebook page where you will find all sorts of links to articles on a variety of subjects. These skills are all the more essential and relevant now that we have seen how critical it is to rebuild our economy based on decentralized, democra-

tized, equitable, inclusive, and accessible principles of social organization.

Community gardens offer an opportunity to reset the model of social organization, a step towards returning to living with the land as a shared resource, a common treasury for all, instead of a coveted sacrificial lamb for the good of one landowner or one tax collector. In addition to free vegetables, community gardens provide a community with a place to heal the wounds of division and estrangement, a place to renew friendships and forge new ones, a stage upon which to enact the ancient rituals of a society rooted in cooperative survival and ecological harmony. Now there's a recipe for sustainable development, hold the displacement!

*If you would like to help establish a new community garden in your neighborhood, contact Matt Peters at [gardens@hazelwoodinitiative.org](mailto:gardens@hazelwoodinitiative.org)*



# Garden on Your Porch with a Free Grow Bag



Grounded Strategies is offering one grow bag per household to bring joy and spark curiosity and wonder.

The COVID-19 outbreak sparked the "Here to Help" Campaign and we've worked hard to ready as many bags as possible to help families focus on the small beauties that this beautiful planet has to offer.

If you're interested in a Grow Bag, please contact Ashley Seiler via email. We will coordinate a drop off date and time. Be aware that this may take up two weeks, but we will surely get one to families while supplies last.

[Ashley@groundedpgh.org](mailto:Ashley@groundedpgh.org)

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# Community Conversation Builds Foundation for Student Landscape Architecture Project



Photo: Ken Tamminga



Photo: Lisa Vavro

By Christie Black

Students in the Bachelor of Landscape Architecture program at Penn State made the community their classroom by designing a system of restorative and interactive public spaces in the Pittsburgh neighborhood of Hazelwood. Their project is a collaboration between the Penn State Center Pittsburgh, the College of Arts and Architecture and most importantly, the Hazelwood community. Residents were encouraged to attend a charrette about the project to make their voices heard concerning changes in civic landscape that would be beneficial to them, as well as protect the rich history of the post-industrial neighborhood.

Pastor Tim Smith (pictured below), founder of the Center of Life in Hazelwood, participated in the charrette and said the identity of the community needed to be preserved when looking at redesigning elements of the neighborhood.



Pastor Tim Smith Photo: Ken Tamminga

racism on several levels,” Smith said. “The voices, hopes and dreams of the African American community members must be heard and seen in the designs.”

Madison Borsos is a senior in landscape architecture. She said the process of designing for the people of Hazelwood started with an analysis of the charrette and on-site walks with the residents. “Some residents did not realize how close they are to the Monongahela River, while others reminisced about the time when Hazelwood Avenue extended all the way to the river. I wanted to reconnect the community to the river, while offering engaging and restorative features along the way,” Borsos said. “The Nature Play Area was inspired by a conversation I had with Pastor Tim when he expressed a community interest for interaction with natural, organic materials. Similarly, the idea to incorporate community art in the Restorative Garden was created because of input from Margaret Baco, founder of the Grounding Lab Studio.”

Kristina DiPietro (pictured right) has lived in Hazelwood for more than 73 years. She participated in the community charrette and said she expressed the importance of making the project something that could be realistically implemented. “I believe some of this project will be able to move forward. In particular, the part of the project focused on the enhancement of the City Steps from Sylvan Avenue to Gladstone Street. They have long been neglected by the City and the proposal by student Jake Tiernan seemed workable,” DiPietro said. “It has always

been interesting and exciting for me to interact with college students as well as young people in general about what they see, feel and experience in the Hazelwood community.”

Lauren Taylor (pictured right) is also a senior in landscape architecture. She said the Pittsburgh Studio: Hazelwood project was unlike any studio class she had taken before. “We had the opportunity to actually talk with residents living in Hazelwood and get to understand their concerns and wishes, not through online research but through their own voices. The residents understand what their community needs and wants, and it was the job of my classmates and myself to translate these big-picture ideas into thoughtful design,” Taylor said. “I hope the project we created will help the community of Hazelwood realize the potential of their neighborhood. I hope that when they see these designs, they can imagine parts of them in their community, whether its recreational space along the river or a meditative garden, and really advocate for these features to come to life.”



Hazelwood residents Kris and Carl DiPietro

Ken Tamminga, distinguished professor of Landscape Architecture at Penn State, created the Pittsburgh Studio course in 2008. He said the



Lauren Taylor confers with residents Photo: Ken Tamminga

goal was to engage student designers with local residents and stakeholders in generating catalytic and place-based ideas. The studio was the inaugural project for the Penn State Center Pittsburgh, which continues to play the role of matchmaker between campus faculty and underserved neighborhoods looking for design assistance. Hazelwood was the focus of a 2013 studio that resulted in a community playground and a rainwater and public garden design. Several other Pittsburgh communities have participated in the studio experience and implemented some of the concepts including Beltzhoover, Larimer, Wilksburg and the North Side. “As an advanced studio, participatory design for regeneration aims to introduce students to design democracy and deepen their understanding of what makes vibrant, inclusive and healthy public places in the city,” Tamminga said. “We collaboratively strive

*Continued on Page Twelve*



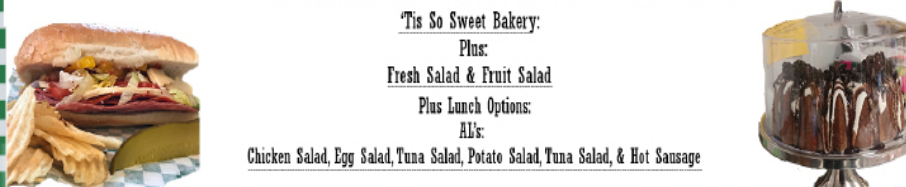
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# Penn State: Community Conversation - *Continued from Page Ten*

for context-sensitive responses and solutions that inspire reinvestment in the places and the people that inhabit and nurture them, while promoting social and environmental equity.”

While the first half of the studio involved background analysis, the community charrette and on-site explorations with local partners, students had to finalize their projects virtually due to COVID-19 restrictions. But they continued to involve residents by inviting online critique and refinement of emerging concepts, presenting elements of their project back to the community online. Visit the Pittsburgh Studio: Hazelwood at [hazelwood2020.com](http://hazelwood2020.com) to see the entire slate of projects.

*\*This article originally ran in Penn State News (June 17, 2020). Thanks to the author for allowing us to run it with the accompanying photos.*

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Photo Credit: Heather Mull



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[pittsburghfoodbank.org](http://pittsburghfoodbank.org)

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3	\$27,729
4	\$33,475

You must provide a photo ID, and proof of income for all who earn an income in the home. To maintain social distance, we can complete your application over the phone, and come to your home to document your income and ID from a safe distance.

Food boxes are provided by The Greater Pittsburgh Community Food Bank, deliveries are coordinated by Rebuilding Together Pittsburgh, and applications and outreach are done by Hazelwood Initiative.





# PWSA Delays Stormwater Project, Declines Request to Model Improvements Without Shuttle Roadway

By Junction Coalition

On June 18, the Pittsburgh Water and Sewer Authority (PWSA) held a Zoom meeting to discuss the Four Mile Run Stormwater Improvement project and its revised schedule. A May 18 email from the PWSA stated in part, “Additional modeling and design effort have caused a delay to the overall project construction schedule. We originally anticipated starting construction this fall, but it is now anticipated to begin in 2021.”

Chief of Program Management, Alex Sculli, began the meeting by acknowledging that “people are waiting for stormwater relief.” He assured attendees, “We think we have the solution [and can provide] a level of storm protection that will be very good for residents.” However, further discussion of the updated model revealed an apparent scaling back of protection: According to slide 17 of PWSA’s June 2020 presentation, “Designing for a 10-year event was determined to be a cost-effective solution for reduced flood risk.” Notes from a February

22, 2019 meeting at the mayor’s office (obtained via Right-to-Know request) recorded Pittsburgh mayor Bill Peduto’s chief of staff, Dan Gilman, “wonder[ing] if instead of a 25-year storm, which is what current development designs for, should we be designing for a larger storm event?”

PWSA’s presentation calls out two previous floods in The Run, one 25-year event in 2011 and one 75-year event in 2009. It did not mention other events, such as a 2019 flood that included higher elevations in the neighborhood and a 2016 flood that trapped a resident and his son on the roof of their car. Run residents have asked the PWSA Board to create a model for the Four Mile Run Stormwater Improvement project that excludes the controversial Mon-Oakland Connector (MOC) road through Schenley Park. MOC opponents contend that the MOC—a development project designed to lure corporations to Hazelwood Green—should not take precedence over the stormwater project. The core project in Schenley Park has

long been considered “technically challenging” even without incorporating a new road.

Department of Mobility and Infrastructure (DOMI) director, Karina Ricks, commented, “We firmly support [PWSA’s] decision to take the time needed to ensure the massive stormwater investment we are making is the right one to best address the stormwater impacts that have affected The Run for so many years. The Mon-Oakland project will proceed concurrent with the PWSA green infrastructure project; thus, our timeline is adjusted accordingly as well.”

Asked whether the PWSA has created a model without MOC or intends to do so, PWSA acting senior manager of public affairs, Rebecca Zito, responded, “The mobility project is a planned project and our model has taken into consideration that it would be constructed. Not including it would set false expectations and provide an unrealistic assessment for advancing the stormwater project. We appreciate that residents from the Run took the

time to address the Board in March about this project. The Board heard your request to commission a model for the stormwater project without the mobility corridor project, unfortunately, we were not directed to do so.”

Five of PWSA’s six current board members were nominated by Mayor Peduto, a longtime proponent of MOC who faces an estimated \$150+ million budget shortfall this year because of COVID-19. In contrast to PWSA’s stormwater project, which addresses a clear public safety issue and will be financed by the PWSA itself, the City-funded MOC project demonstrably fails to benefit residents in the neighborhoods it affects. By all appearances, Mr. Peduto’s priorities are the only reason the PWSA would view cancelation of the MOC as “an unrealistic assessment.”

Join your neighbors from The Run in continuing to urge the PWSA to commission, execute, and release a comprehensive model of what their stormwater plan could achieve if severed from the MOC.

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# Police Brutality Against African Americans Continues to Rise

By Gerri Tipton

Who would think that in the year 2020 we would be living through an era similar to the 1950s? It has been so mentally draining to continue to see unarmed African Americans killed by the police for petty crimes such as selling cigarettes, CD's, coming back from the store, listening to music in their car, jogging, or being accused of using a fake twenty-dollar bill in the store.

We can go as far back and Rodney King (to what I can remember). He was pulled over by police back on March 3, 1991 in Los Angeles after a high-speed chase. When he was pulled over, it was the day that would make history. George Holiday was the man known for recording the police beating of King from his balcony. The beating resulted in King having a broken leg, swollen face, bruises all over his body, and a burn mark on his chest from a stun gun. When the beating made the news, people were in an uproar and riots began to start. Unfortunately, the police officers involved in the beating were acquitted of the charges.

On July 5th, 2016, Alton Sterling was in front of a convenient store where he was selling CD's in Baton Rouge, Louisiana. Police were called when there were suspicions of Sterling having a gun. The owner of the store said that Sterling was not the one causing trouble when the police were called. A bystander caught the incident of the tussle with the police and Sterling, and seconds later he was killed.

Eric Garner was a man killed by a police officer in New York City for suspicion of selling cigarettes from packs. When the police were called, he told them that he was not selling cigarettes and that he was tired of being harassed by the police. Words were exchanged and when Garner was tackled on the ground, the police officer used excessive force by putting him in a choke hold, where Garner famously said the words "I can't breathe" 11 times before he died.

Ahmaud Arbery was a 25-year-old African American man who

was chased down and killed by white residents in a South Georgia neighborhood. He was out taking a jog when two men were driving in their pickup truck and chased him around the neighborhood until he was cornered and couldn't go anywhere. He was accused of breaking into a home that was in the process of being built and, after a tussle, he was killed with a shot gun. It was later found out that he was not the one who broke into the home (confirmed by the homeowners via surveillance video), and that other people had been seen going in and out of the home. Arbery was not armed, and he tried to fight for his life. The men who killed Arbery are currently facing federal felony charges.

The most recent incident of a police death that sparked the most outrage was George Floyd. On May 25th, 46-year-old Floyd was arrested by Minneapolis police after being accused of using a fake twenty-dollar bill in a convenient store. When he was arrested, he was pinned down by police with one police officer having his knee on his neck for 8 minutes and 46 seconds. He too uttered the words "I can't breathe" before his death. Floyd's death has sparked attention throughout the whole world. There were reportedly protests in all 50 states and 60 countries, which is known to be one of the biggest protests to date. For those who can remember, NFL player Colin Kaepernick had taken a knee during the national anthem to protest police brutality and inequality against African Americans. His bravery cost him his job in the NFL, and he received backlash from the media. However, he also caught national attention, highlighting the unfair treatment blacks when in the custody of police.

Protests have been a part of history before most of us were born. I believe that the difference now is that we are in a different era than our grandparents, and a lot of the younger generation are out taking a stand and fighting for equal rights. What makes me proud is that even though

we still have people who believe that the police were right for killing unarmed African Americans, we also have people who are not black fighting with us who realize and understand that this is wrong. Besides police death, there are other incidents where African Americans are accused of stealing, trespassing, or threatening someone's life while just out minding their business, such as taking their dog to the park and bird watching, working out in their apartment gym, having a barbeque in the park, or selling water.

I know that this can be such a touchy and sensitive subject for most people, but it has become a part of history. This has been something that I wouldn't say is political but is part of humanity. Standing up for what you believe in can get you looked at funny, but if you become silent or agree with what is going on in the world, then you too are a part of the problem.

## Reader Call: The Six Word Challenge

The concept of distilling a story or poem down to a mere six words has existed for several decades, with the first well-known example being attributed to Ernest Hemingway in the 1920's (though there is no official record of him writing any six-word stories). For years, Eric Boyd wrote one or more six-word pieces a day, often by request. People wrote to him with long, complicated prompts or real-life experiences which they wanted to see condensed into six words. Often these were philosophical or deeply personal, sometimes they were downright absurd. Readers of The Homepage are continually invited to reach out, participate and request such works as well!

Please email [editor@hazelwoodinitiative.org](mailto:editor@hazelwoodinitiative.org) with your prompts, challenges, or real-world scenarios to be turned into a six-word story/poem. Check out the latest prompt submissions and the poems created by local writer, Sherri Adelkoff, below!

**Write a 6-word poem that describes what my plants would say if they could talk while I'm watering them.**

**Water empowers me to grow flowers.**

**Write a 6-word poem about riding a bike through Pittsburgh.**

**Go pedal our city of metal.**

**Write a 6-word poem about stealing a stranger's parking chair.**

**Your spot? Oh, I think not!**

**Here are prompts for next month's issue! Please submit your work by Friday, July 24.**

**Write a 6-word poem about:**

**Showing emotion while wearing a mask.**

**A future without police.**

**Tree saplings growing up through cobblestone streets.**



# Your Summer Staycation: Planning Fun Inside Pittsburgh

By Julie Block

Ted and I have been planning our dream trip to Spain for our 10th anniversary this year, but the recent travel restrictions pushed us to rethink our priorities. Now that we're homebound, we decided to invest the money we saved up for the trip into making our home its own sort of ideal escape. Our house may not be Pittsburgh's hottest location for fine wines and tapas, but it's now a little cozier for the entire family! As we've renovated, we've also thought about new ways to enjoy the summer together from the safety of our home.

Here's our itinerary for a week-long staycation in Pittsburgh. Feel free to copy them for your own adventure!

1. Use a projector for an outdoor movie screening. Pick a cool evening and show the movie on a projector screen (or the side of your house, if you don't have a screen). Throw a few beach towels down on the grass for the kids,

then grab your favorite lawn chair. Don't forget the popcorn!

2. Get a temporary backyard pool for summertime fun. Whether you go with inflatable or hard plastic, a temporary pool is an inexpensive way to cool down over the summer. Kids love splashing around, and they're a great place to dip your feet and get a small reprieve from the summer sun.

3. Rent a bouncy house and call in the Kona Ice truck. Give the kids a day at the fair with some bounce time and a tasty, refreshing treat. It's not quite Kennywood, but it's a special privilege to have the Kona Ice selections all to yourself!

4. Camp in the backyard. Pitch your tent, roll out the sleeping bags, and get those marshmallows roasting! If you've never had a fire before, check your local rules on how high your fire can be and where it should be placed in relation to your property line.

5. Order in. Staycations should be relaxing for everyone, so feel free to take cooking off your to-do list. Call up your favorite local restaurant for some take-out or delivery. Bonus: You'll get to support local business!

6. Enjoy a day hike at local or state parks. Schenley Park and Frick Park are both great spots for shaded hikes. For something more secluded from the city, travel up 79 to reach McConnells Mill State Park. Bring a sturdy pair of shoes!

7. Game night! Get the family around the dinner table with your favorite sodas (or wine, for the adults) and enjoy time together with board games.

With an itinerary filled with fun and relaxing activities, you and your family can enjoy a wonderful vacation without ever leaving town. If you're looking for even more ideas, sit down with your family and brainstorm together!

*Julie and Ted Block are RE/MAX Select real estate agents serving Greenfield, Hazelwood, and the surrounding neighborhoods. You can contact them by emailing [blocks@blocksintheburgh.com](mailto:blocks@blocksintheburgh.com) or by calling 412.926.7976. To learn more, visit their website: [www.blocksintheburgh.com](http://www.blocksintheburgh.com)*



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Bernard J. Bernacki, DO, MPH

We are a Family Medicine Practice with a staff trained to provide Primary Care in acute episodes (i.e. sick visits), prevention and chronic disease management. We invite all to partner with us to improve and maintain their health.

*Make Us Your "Medical Home"*  
[www.bernackifamilydocs.com](http://www.bernackifamilydocs.com)





## Celebrate in The Homepage

Did you or someone you know graduate, advance to the next grade, have a birthday, anniversary, or learn a new skill? Did you miss a chance to celebrate properly because of the health crisis?

Let us help! The Homepage will run a free photo in our next issue and help share the celebration with your neighbors.

No accomplishment is too great or small!

Along with a photo, please include the subject's name, their reason to celebrate, and the name of the school/program if they're graduating.

Deadline: Friday, July 17



Please email your submissions to:  
adirosa@hazelwoodinitiative.org



On April 15th with face masks and social distancing, **Jay Poliziani** and **Chaofan Zhang** from the "Run" celebrated their marriage with their friends Larry and Mitch in Hazelwood.



PROTECTING  
BLACK PITTSBURGH  
FROM  
COVID-19!!!

**FREE  
MASKS**  
FOR FRONT LINE WORKERS

Hood Media is providing KN95 masks for our essential workers protecting us from the Covid-19 pandemic.

First Responders | Grocery Workers | Hospital Workers  
Pharmacy Workers | Public Sanitation Workers  
Senior Living Facility Workers | Social Service Workers

**IF YOU ARE AN ESSENTIAL WORKER  
IN NEED OF A PROTECTIVE MASK  
TEXT MASKS TO 77948**

TEXT STAYSAFE TO 77948 FOR COVID ALERTS  
AND INFO ABOUT RESOURCES/SERVICES

**HOOD**



## What Does Stay-At-Home Mean for OUTDOOR RECREATION?



### You Can Go Outdoors

You can go outdoors to engage in outdoor activity, such as walking, hiking, or running if you maintain social distancing.



### You Can Recreate Locally

You can recreate in your neighborhood or a local park or trail that is nearest to your home. Look for locations within 15 minutes of your home.



### Avoid Crowded Areas

Avoid crowded trails or parks. Find other nearby locations or go during less popular hours.



### Don't Travel Far for Recreation

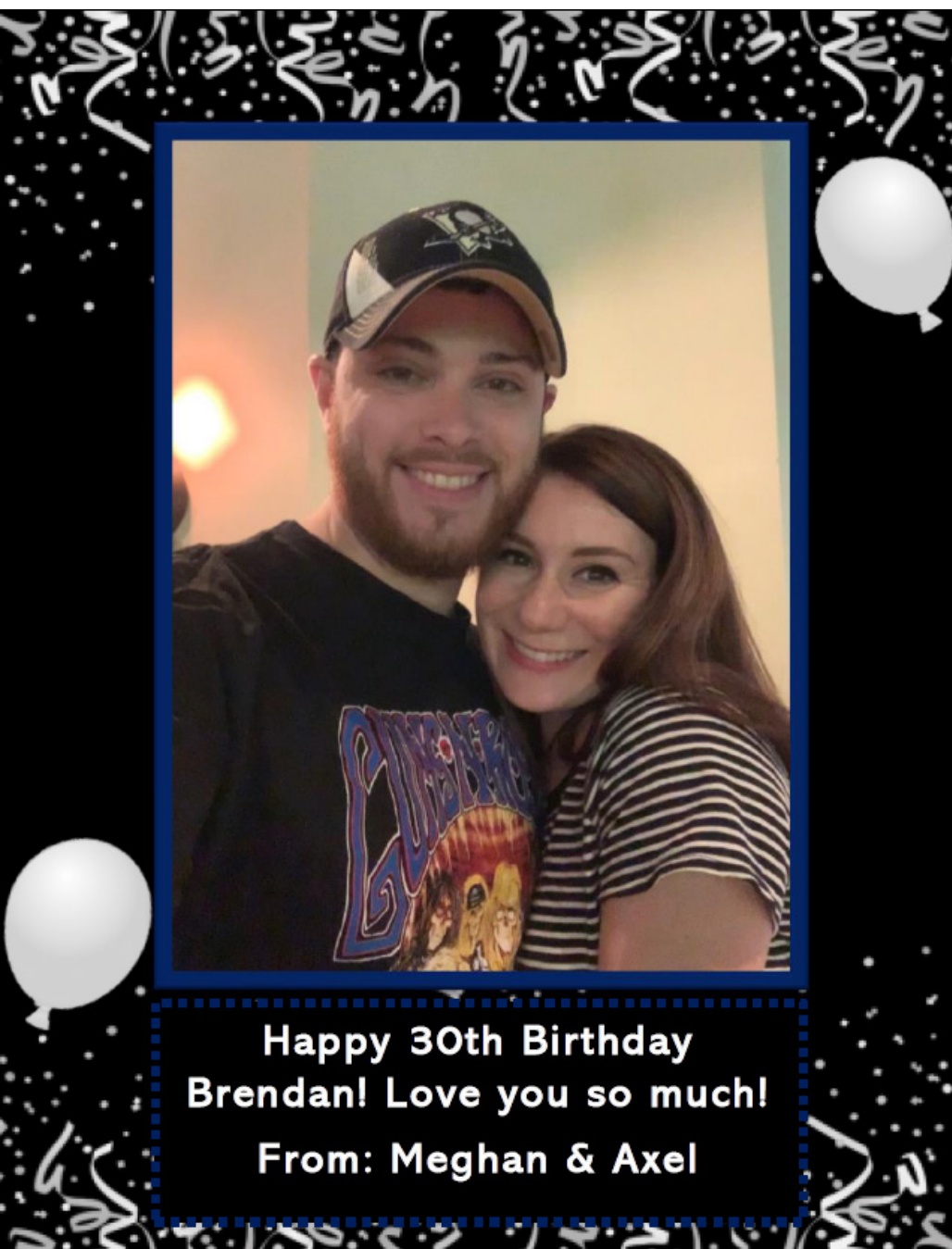
You should not travel outside of your community to other outdoor locations across the state, such as state parks, forests, private camps, leased campsites, etc.



### Protect Others While Outdoors

Be considerate. Wear a mask to protect others as recommended if you are in an area with other people.





Covid-19 Carrier → Contagion Probability %70

Covid-19 Carrier → Contagion Probability %5

Covid-19 Carrier → Contagion Probability %1.5

**WEAR IT**

### WHAT TYPE OF MASK DO I NEED?

HOMEMADE MASK OR PAPER MASK	SURGICAL MASK	N95 RESPIRATOR
		
<b>WHO SHOULD WEAR:</b> General public	<b>WHO SHOULD WEAR:</b> Health care workers and patients in health care settings	<b>WHO SHOULD WEAR:</b> Health care workers
<b>WHEN TO WEAR:</b> When a person can't perform social distancing; scarves and bandanas can be used if necessary.	<b>WHEN TO WEAR:</b> During single or multiple patient interactions or routine health procedures; recommended when N95s aren't available.	<b>WHEN TO WEAR:</b> Caring for patients with COVID-19 and performing procedures that put them most at risk of virus exposure.
<b>USE LIMITATIONS:</b> Cloth masks should be washed after each use; don't wear damp or when wet from spit or mucus.	<b>USE LIMITATIONS:</b> Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.	<b>USE LIMITATIONS:</b> Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

## HAZELWOOD TOWERS

111 Tecumseh Street | Pittsburgh, PA 15207  
**412-421-2000**  
 TDD: 1.800.456.5984 • Fax: 412.421.8158

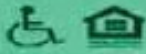
Maximum Allowable Income	
1 person.....	\$29,050
2 person.....	\$33,200

- Rent Based on Percentage of Adjusted Gross Income
- Rent Includes Utilities (Except Phone and Cable)
- Individual Thermostats - Heat and A/C
- Professional On-Site Management
- TV-Monitored Intercom Access System
- 24-Hour Maintenance
- Convenient On-Site Laundry Facilities
- Resident Permit Parking
- Elderly Preference
- Active Residents Association
- Public Transportation
- Private Balconies or Patios
- Small Pets Welcome!

**Bill Kulina**  
Property Manager

**Landscaped Grounds**

Since 1983





# Addressing Diabetes and Hypertension in Coronavirus Patients



Dear Friends,

While the World Health Organization has put the death rate from novel coronavirus, COVID-19, at 3.4%,<sup>1</sup> a study in *Nature Medicine* put it much lower, at 1.4%.<sup>2</sup> The fact is, with many cases going unreported and untested, mild and asymptomatic cases may not be included in official COVID-19 death rate figures, which could skew the death rate significantly, making it appear higher than it actually is.

Italy's elderly population was at increased risk of death from COVID-19, but there's another factor that also makes you more susceptible to death or serious illness if you contract COVID-19: an underlying health condition, particularly diabetes or high blood pressure. One of the best strategies is to get your underlying chronic conditions under control; even diabetes and high blood pressure can often be reversed via healthy diet and lifestyle.

## 99% of COVID-19 Deaths in Italy Had Underlying Conditions

More than 99% of fatalities from COVID-19 occurred among people who had underlying medical conditions. Furthermore, among the fatalities, 76.1% had high blood pressure, 35.5% had diabetes and 33% had heart disease.<sup>6</sup> While the median age of those infected was 63, most deaths occurred in older people, with 79.5 being the average age of those who've died. Among those who were under 40 when they died, all had serious underlying health conditions.<sup>7</sup>

## Underlying Conditions, Obesity Increase Risk of Poor Outcomes

Another study looking into the impact of co-existing health conditions like high blood pressure, heart disease and diabetes on COVID-19 outcomes found they're linked to "poorer clinical outcomes," such as admission to an intensive care unit, a need for invasive ventilation or death.<sup>9</sup> The study involved 1,590 laboratory-confirmed hospitalized patients, revealing that people with a chronic

condition were 1.8 times more likely to have a poor outcome compared to those with none. This jumped to 2.6 times more likely for those with two chronic conditions.<sup>10</sup> The first review of fatal COVID-19 cases in China also found diabetes may be associated with mortality,<sup>11</sup> as did a report of 72,314 cases by the Chinese Center for Disease Control and Prevention.<sup>12</sup>

Likewise, the Intensive Care National Audit and Research Centre released a report on 196 patients critically ill with COVID-19.<sup>16</sup> Among them, 56 patients had a body mass index (BMI) of 25 to 30, which is classified as overweight, 58 had a BMI of 30 to 40, which indicates obesity, and 13 had a BMI of 40 or higher which is classified as severely obese. Overall, 71.7% of the critical patients were overweight, obese or severely obese.<sup>17</sup> This could have serious implications for the U.S., where approximately 45%, or 133 million, people suffer from at least one chronic disease.<sup>18</sup> Among them, more than 1 in 10 have diabetes (and another 1 in 3 has prediabetes),<sup>19</sup> while 108 million adults have high blood pressure.<sup>20</sup> Further, 71.6% of U.S. adults aged 20 and over are overweight or obese.<sup>21</sup>

## Targeting Insulin Resistance Is Key

The likely common denominator for these diseases is our old nemesis, insulin resistance, in response to a high-carbohydrate and processed food diet. Insulin resistance not only contributes to these diseases but also impairs immune function. So, if your fasting blood sugar is over 100 it would be highly prudent to make diligent efforts to get that under control. As your insulin and leptin levels rise, it causes your blood pressure to increase. Eventually, you may become insulin and/or leptin resistant. Likewise, Type 2 diabetes is a disease of insulin resistance resulting in high blood sugar.

When your body is insulin resistant,<sup>25</sup> the cells in your body do not respond well to insulin, which lowers their ability to use glucose from the blood for energy. The pancreas secretes more insulin, trying to overcome the cells' weak response in their attempt to keep blood glucose levels in a healthy range. As noted by Dr. Sandra Weber, president of the American Association of Clinical Endocrinologists, in *The New York Times*, "We know that if you do not have good glucose control, you're at high risk for infection, including viruses and presumably this one [COVID-19] as well ... [improving glucose control] would put you in a situation where you would have better immune function."<sup>26</sup>

## What and When to Eat to Beat Insulin Resistance

With regard to insulin resistance, research shows intermittent fasting promotes insulin

sensitivity and improves blood sugar management by increasing insulin-mediated glucose uptake rates.<sup>27</sup> This is important not only for resolving Type 2 diabetes but also high blood pressure and obesity. Time restricted eating, i.e., the restriction of eating only during a six- to eight-hour window, mimics the eating habits of our ancestors and restores your body to a more natural state that allows a whole host of metabolic benefits to occur.<sup>28</sup> While there are a number of different intermittent fasting protocols, my preference is fasting daily for 16 hours and eating all meals within a 8-hour window.

If you're new to the concept of time-restricted eating, consider starting by skipping breakfast and having your lunch and dinner within a six-hour timeframe, say 11 a.m. and 5 p.m., making sure you stop eating three hours before going to bed. It's a powerful tool that can work even in lieu of making other dietary changes. In one study, when 15 men at risk of Type 2 diabetes restricted their eating to a nine-hour window, they lowered their mean fasting glucose, regardless of when the "eating window" commenced.<sup>29</sup> What you eat is also important. I recommend adopting a cyclical ketogenic diet, which involves radically limiting carbs (replacing them with healthy fats and moderate amounts of protein) until you're close to or at your ideal weight, ultimately allowing your body to burn fat—not carbohydrates—as its primary fuel.

## Key Steps to Getting, and Staying, Healthy

While many people—young and old alike—are facing Type 2 diabetes, obesity and high blood pressure, these conditions can be turned around, and in so doing you'll significantly reduce your risk of becoming seriously ill from COVID-19. Along with intermittent fasting and a cyclical ketogenic diet, the tips that follow will help you prevent and reverse obesity, Type 2 diabetes and high blood pressure, while helping you boost your immune system to avoid both chronic diseases and illness from infectious agents alike.

Limit added sugars to a maximum of 25 grams per day. If you are insulin resistant or diabetic, reduce your total sugar intake to 15 grams per day until your insulin/leptin resistance has resolved (then it can be increased to 25 grams) and start intermittent fasting as soon as possible. Limit net carbs (total carbohydrates minus fiber) and protein and replace them with higher amounts of high-quality healthy fats such as seeds, nuts, raw grass-fed butter, olives, avocado, coconut oil, organic pastured eggs and animal fats, including animal-based omega-3s. Avoid all processed foods, including processed meats. Avoid all white powders: sugar, flour and processed salt.

Get regular exercise each week and in-



crease physical movement throughout waking hours, with the goal of sitting down less than three hours a day. Your body's ability to respond to insulin is also affected by just one day of excess sitting, which leads your pancreas to produce increased amounts of insulin. Research published in Diabetologia also found that those who sat for the longest periods of time were twice as likely to have diabetes or heart disease, compared to those who sat the least,<sup>32</sup> so make sure to keep moving. Healthy middle-aged adults were able to improve their insulin sensitivity and blood sugar regulation after just two weeks of interval training (three sessions per week),<sup>30</sup> while among people with Type 2 diabetes, just one interval training session was able to improve blood sugar regulation for the next 24 hours.<sup>31</sup>

We are in the green phase so get out there and exercise and move, try time restricted eating, and stay safe and healthy!

*Susan*

Susan Merenstein, RPh/Owner  
 Murray Avenue Apothecary/LabNaturals  
[www.MAApgh.com](http://www.MAApgh.com)  
[www.LabNaturals.com](http://www.LabNaturals.com)  
 (412) 421-4996

\*Reference: Mercola.com

# IMPROVE YOUR IMMUNITY!

## Fight back with these Pharmacist recommended products!



**Vit D Plus K**

**Sugar Manager**



**murray  
avenue  
APOTHECARY**  
Compounding Pharmacy Boutique

Available at MAA!  
[www.MAApgh.com](http://www.MAApgh.com)  
 Questions? Call us!  
 (412) 421-4996

# COVID-19 REOPENING PHASES

## WORK & CONGREGATE SETTINGS

## SOCIAL SETTINGS

### GREEN PHASE

- ALL BUSINESSES OPERATING IN THE YELLOW PHASE UNDER THE 50% LIMITATION MAY INCREASE TO 75% OCCUPANCY
- ALL BUSINESSES NOT PERMITTED TO OPERATE PHYSICAL LOCATIONS IN THE YELLOW PHASE MAY MOVE TO 50% OCCUPANCY, SUBJECT TO SOCIAL DISTANCING GUIDELINES
- ALL BUSINESSES MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES
- TELEWORK WHERE FEASIBLE
- CONSIDER ACCOMMODATIONS FOR VULNERABLE PERSONNEL
- CONSTRUCTION BACK TO FULL CAPACITY WITH SAFETY MEASURES IN PLACE

- NOT A RETURN TO THE WAY THINGS WERE, BUT CHANGING BEHAVIOR FOR A NEW NORMAL
- PERSONAL RESPONSIBILITY: USE GOOD JUDGMENT, WEAR MASKS AROUND OTHERS, CONTINUE SOCIAL DISTANCING + USE GOOD HEALTH HABITS
- LARGE RECREATIONAL GATHERINGS REMAIN RESTRICTED
- VISITS TO PRISONS + HOSPITALS MAY RESUME
- NURSING HOME VISITATION RESTRICTIONS REMAIN FOR NOW
- INDIVIDUALS MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES





# Catch Up With Your Vaccines!

## Don't let your child fall behind on their needed immunizations.

UPMC Children's Hospital of Pittsburgh, UPMC Children's Community Pediatrics, and Ronald McDonald House Charities of Pittsburgh and Morgantown are partnering to bring needed vaccines, safely, to western Pennsylvania communities.

Look for the Ronald McDonald Care Mobile in your community.

### Important!

Appropriate physical distancing measures will be maintained. Please give yourself adequate time in case of a wait. To ensure child, family and staff safety, adults and children over age 2 are asked to arrive wearing a mask. A mask will be provided if you do not have one. Child must be accompanied by one parent or legal guardian.

Have questions or need more information? Contact the Care Mobile at **412-352-1059**. Check [www.chp.edu](http://www.chp.edu) for more dates and locations this summer.

### Services provided:

- Vaccinations, ages 2 months through high school
- WIC (Women, Infants, & Children) form assistance
- Health and safety information

### Also available:

- Kindergarten registration information
- At-home activities for summertime
- Food and infant formula resources

**LOCATION:** Old S&R Market Lot - 4915 Second Ave, Pittsburgh, PA 15207

**TIME:** 10 a.m. to 2 p.m.

**DATE:** July 8th



Ronald McDonald  
House Charities®  
Pittsburgh and Morgantown

**UPMC** | CHILDREN'S  
COMMUNITY PEDIATRICS

**UPMC** | CHILDREN'S  
HOSPITAL OF PITTSBURGH