



SPRING HILL * CITYVIEW TIMES

COMMUNITY NEWSLETTER



Vol. 9 No. 64

May-June 2009

FROM THE DESK OF THE PRESIDENT

Happy spring! Spring is seen as a time of growth, renewal, and of new life being born. Spring is also said to be the start of better times. Spring time is a favorite season for many people and it is easy to see why. It is a beautiful awakening of the earth after the cold winter when the first flowers begin to bloom.

Spring is a favorite time for the gardener who can't wait to see the bulbs that were planted in the fall. For those who love the outdoors there is nothing like the spring season. For the fisherman it means the first day of trout season is near. For the children it means it's time to break out the bicycles. Spring is the best time to improve the value and livability of a home by starting home improvement projects that couldn't be done during the winter weather.

Unfortunately, spring also means that we can now see the trash on the side of the road. The Spring Hill Civic League held its first cleanup of 2009 last month and there were many, many trash bags collected. Thank you to those of you who took part in our first cleanup of the year.

Cleanup should not be limited to once or twice a year. We all should be a good neighbor by not littering and picking up trash when we see it. By doing these things in

passing every day, Spring Hill could be even better.

Jackie Hoffman
President
Spring Hill Civic League

MEMORIAL DAY COMMEMORATION

Monday, May 25th, 11:30 AM
Brady Memorial Home
1151 Southside Avenue



Memorial Day is a day of remembrance for those who have died in our nation's service. It was first observed on May 30, 1868 when flowers were placed on the graves at Arlington National Cemetery. By 1890 it was recognized as a holiday to commemorate those who died in the Civil War. After World War I the holiday was changed to commemorate those who died in any war. The flag tradition for the day is to fly flags at half-staff from dawn until noon.

At Brady Memorial Home we take the time to remember our fallen heroes. There will be a Memorial Day Celebration on May 25th at 11:30 AM. Refreshments will be available for all to enjoy after the ceremony. Participate with us and help keep the tradition alive!

SPRING HILL COMMUNITY FLEA MARKETS

1st SUNDAY OF
JUNE, JULY, and AUGUST
8:00 AM – 2:00 PM

1151 Southside Avenue

The Spring Hill Civic League is sponsoring summer flea markets for the community. They will be held the first Sunday of the summer months on June 7th, July 5th, and August 2nd from the hours of 8:00 AM to 2:00 PM come rain or shine. Tables will be available in the parking lot of Brady Memorial Home at 1151 Southside Avenue for \$10.00 a table for one Sunday, or \$25 a table for all three Sundays.

Bring your household goods, antiques, collectibles, baked goods, and other items. Vendors bring your crafts, Avon, Tupperware, or other products. If you have a business on Spring Hill bring your wares, brochures, or ideas. Promote your business and our community.

To register call Brady Memorial Home at 412-321-1500 with your name, phone number, and which Sundays you are interested in. If you need additional information leave a message at 412-231-7718.



(Continued on page 2)

**UPCOMING EVENTS
IN 2009**

General Meeting
George Martin
Allegheny Elks Club
Guest Speaker

Monday, May 4th, 7:00 PM
Spring Hill Elementary School
auditorium

General Meetings are
scheduled at the Spring Hill
Elementary School auditorium
at 7:00 PM on the following
dates:

- Monday, May 4th
- Monday, September 14th
- Monday, October 5th
- Monday, November 2nd

Mosaic Workshop:

Wednesday, May 13th, 6:00 to
8:00 PM Spring Hill Elementary
School

Memorial Day Celebration:

Monday, May 25th, 11:30 AM
Brady Memorial Home
1151 Southside Avenue

Community Flea Markets:

Sunday, June 7th, 8AM-2PM
Sunday, July 5th, 8AM-2PM
Sunday, August 2nd, 8AM-2PM
Brady Memorial Home
1151 Southside Avenue

Crock Pot Cook-Off:

Has been postponed until this
fall.

NEWSLETTER ARTICLES

Please submit articles for the
July/August edition by
June 15th to:
Joan Russell
2115 Rockledge Street
Pittsburgh, PA 15212-3533
412-322-9945
joanrussell@aol.com

**COMMUNITY FLEA
MARKETS**
(Continued from page 1)

We are also looking for
volunteers to donate baked
goods for our Bake Sale, and
helpers to pick-up the tables
and return them.

The flea market will be
advertised in the *Pittsburgh
Post-Gazette* and *Pennysaver*
as well as other venues so it
should be well-attended. All
proceeds will benefit the Spring
Hill Civic League. Come
support your community and
shop for those bargains!

UNITED WAY GIVING

The Spring Hill Civic League
has been a United Way's
Contributor's Choice for the past
several years. Your generosity
has helped to fund community
activities and defrays routine
overhead expenses. **A grateful
Thank You** to all who support
the community through the
United Way. The civic league's
Contributor's Choice code
number is 207.

**NEWSLETTER
MAIL DELIVERY**



For a yearly subscription
by mail send \$8.00 to:
Spring Hill/Cityview Times
c/o 1149 Admiral Street
Pittsburgh, PA 15212

**SPRING HILL CIVIC
LEAGUE WEB SITE**

www.shcl.org
Past editions of the newsletter
are available online.

**SPRING HILL
CIVIC LEAGUE
MISSION STATEMENT**

With the continuing goal of
community strength and
enrichment, and encouraging
the participation of all
community residents and
business leaders, the Spring Hill
Civic League accepts as its
defining mission the
responsibility to serve its
neighborhood by assisting in the
achievement of its many
common goals.

Board of Directors

President: Jackie Hoffman
Vice President: Dianne Burns
Secretary: Karen McLellan
Treasurer: Ben Soltesz
Directors: Eileen Back,
Stephen Brady, Pete McQuillin,
Mary O'Toole, and Joan Russell

**SPRING HILL
CIVIC LEAGUE
CONTACT INFORMATION**

President Jackie Hoffman
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412-231-0303
contact@shcl.org or
bensoltesz@gmail.com

Secretary Karen McLellan
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kmm541@comcast.net

Newsletter Editor Joan Russell
412-322-9945
contact@shcl.org or
joanrussell@aol.com

COMMUNITY MOSAIC WORKSHOP

May 13th, 6:00 - 8:00 PM
Spring Hill Elementary School



Make your own tile for the mosaic mural to be installed on Spring Hill. A community workshop will be held for those who would like to participate. Join in the fun!

HAPPY BIRTHDAY



May Birthdays

Happy birthday to Leanne Rosenberger on May 1st, to Michelle Lippert on May 5th, to William Gerst Jr. of Homer St. on May 29th, and to Daniel Rosenberger on May 30th.

June Birthdays

Happy birthday to Kristy Lippert Frisco on June 3rd, to Jim Rosenberger on June 12th, and to Barbara Cummings on June 17th. Happy ninety-fifth birthday to Wilhelmina Jacob in June. She has lived on Spring Hill for approximately 72 years!

WEDDING ANNIVERSARIES

Happy 12th anniversary to Jim and Leanne Rosenberger on May 10th!

OUR DEEPEST SYMPATHY...

To the family and friends of Mark "Whitey" Gruber of Spring Hill. He passed away on March 3rd ... to the family and friends of Philip J. Lazzara of Spring Hill, beloved husband of Mary (Bartony) Lazzara. He passed away on March 4th ... to the family and friends of Mary G. (Bogolin) Yetter of Spring Hill, wife of the late Bernhard Yetter. She passed away on April 9th ... to the family and friends of Mary Frankovich of Spring Hill, wife of the late Joseph J. Frankovich. She passed away on April 21st ... and to the family and friends of Elmer W. Volkman, Jr. formerly of Spring Hill, beloved husband of Mary Lou. He passed away on April 24th.

Our thoughts and prayers are with you during this time of mourning.



SUPPORT OUR TROOPS!

This is the time to remember those who have given their lives for our freedom. Let's also remember those who are on the front lines.



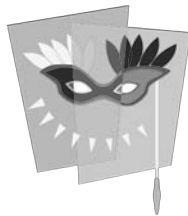
ESB Bank and the Yellow Ribbon Girls are collecting items for our troops overseas. The following are especially needed:

- white, black, or brown knee high socks
- pumpkin or sunflower seeds
- beef jerky
- gum
- granola bars
- hotel supplies such as small bottles of shampoo, conditioner, hand cream, or other toiletries
- cards, notes, and thank you cards are always appreciated

Send correspondence to yellowribongirls@yahoo.com.

Items can be donated to any ESB Bank. Thank you for your support!

PRIME STAGE THEATRE PRESENTS



The Westing Game
May 2nd – May 10th

Prime Stage Theatre, where literature comes to life, presents *The Westing Game*, a story of dangerous and even murderous intrigue. The play is based on one of the most famous American puzzle mysteries for young readers.

Tickets are on sale through ProArts by calling 412-394-3353. Browse the prime stage web site www.primestage.com and learn about the many opportunities to enjoy theatre and support Prime Stage.

THE ELLIS SCHOOL

Girls on the Run – join The Ellis School and the Radio Disney Road Crew for this 5K race. Sunday, May 17, 2009 Sandcastle, Homestead

Summer Reading Extravaganza – visit The Ellis School’s booth for a fun activity at this “all about reading” event. Sunday, June 7, 2009, Noon – 5:00 PM Carnegie Library of Pittsburgh, Oakland

The Ellis School, 6425 Fifth Avenue in Shadyside, 412-661-5992 www.theellisschool.org.

YMCA SPIN-A-THON



The YMCA is holding its 2nd Annual Spin-a-thon on May 17th. It will be held on Monterey Street. The rain location is the gym. If you are interested in joining a team, please contact the YMCA at 600 West North Avenue, Pittsburgh, PA 15212, 412-321-8594.

THE PITTSBURGH COMMUNITY PARTNERS CONCERT

Spend an evening at Heinz Hall with the world renowned Pittsburgh Symphony Orchestra

June 25th, 8:00 PM

Featuring the winner of the Sphinx violin competition and guest artist Chaka Kahn

Tickets start at just \$21.50
 100% of the proceeds from all tickets ordered through "His Place" benefit this ministry



PITTSBURGH SYMPHONY ORCHESTRA

For more information, visit www.hisplacecc.org

SPRING HILL/CITYVIEW YAHOO CHAT GROUP



If you're not already a member, you might like to join the Spring Hill/CityView Yahoo chat group. This is a place for neighbors to share information about and of interest to Spring Hill and CityView residents. This includes names and contact information for contractors and other service providers you've had good experiences with, job postings, local community event announcements, lost pets, items for sale, local clubs, or any items of interest to residents.

To join go to:
<http://groups.yahoo.com/group/spring-hill/>.

If you have any trouble signing up call Pete McQuillin at 412-977-2207 while at your computer and he'll walk you through the sign up.

CIVIC LEAGUE BLOCKWORKERS

The Spring Hill Civic League blockworkers are the wonderful volunteers who give their time every other month to deliver the newsletter to your home. They may also assist us in collecting for special events and dues and distributing special bulletins. Please make sure you thank them next time you see them making the rounds in your part of our neighborhood. If you have been wondering who your blockworker is they are listed below.



<u>Name</u>	<u>Delivery Area</u>
BERBACH, Kim	OVERBECK St.
BUCHMAN, Gail	HARBOR St., MANDLIN Way, SCHRAUDER Rd.
BURNS, Dianne	NOSTER St.
FREDERKING, Coleen	ITIN St.
GAWLAS, Mindy	HETZEL St., DORSCH St.
HERMAN, Mary	HUNNELL St., FRONTIER St., TANK St.
HERZER, Kim	WOESSNER Ave.
HILTY, Marge	ST. AMBROSE MANOR
HOFFMAN, Jackie	DAMAS St., FALL Way, SERENE St., ZOLLER St.
HOMITZ, Carol	NORRIS St., HOBBS St., SHIRLS St., SHREVE St.
JEFFERSON, Barb	LAMAR Ave.
JURACKO, Dorothy	RHINE St. (upper)
KUFNER, Jan	BADER St.
LEICHER, Karen	HOMER St.
LEONARD, Johanna	ADMIRAL St.
MACEY, Ilene	SOLAR St., BRAHM St.
MCQUILLIN, Pete	YETTA Ave., KAISER Ave., LEISTER St., WILT St., HASLAGE Ave. (upper even addresses)
OLDENSKI, Rob	LAPPE Lane, BUENTE St. (off Rhine), HESPEN St., LIST St., MATHIAS St.
PIETRUSZA, Melinda	ROCKLEDGE St. (lower)
RUSSELL, Cynthia	HASLAGE Ave. (lower and upper odd addresses)
RUSSELL, Joan	ROCKLEDGE St. (upper)
SCHLOER, Len	LUELLA St., BESSIE Ave., HEIM, MINA St., NETTIE St., SHANK St.
SNYDER, Kathy	DONORA St., BECKFIELD St., RESCUE St., VARLEY St.
SOLTESZ, Ben	WALZ St., DIANA Place, IONA St., IVES Way
STRAHLER, Bernice	GOEHRING St., VISTA St.
TESTER, Shari	ROMANHOFF St.
WALLEN, Linda	SOUTHSIDE Ave., FABYAN St.
WELSH, Barb	ZANG Way, RHINE St. (lower), KENZIG Ave.
WITSCH, Dee	BUENTE St. (off Rockledge)



If you have any questions regarding the civic league blockworkers please contact Ben Soltesz at bensoltesz@gmail.com or 412-231-0303.

**STATE REPRESENTATIVE DON WALKO
REPORTS**

Walko Bill Would Help Small Nonprofits Like Churches, Veterans' Posts

I recently reintroduced my bill that would update Pennsylvania's limits on how much nonprofit organizations can earn from bingo games. The House of Representatives passed the same bill 180-18 last May, but the Senate failed to act on it before the end of the 2007-2008 session.

My legislation would modernize the way nonprofits raise funds in our state and update restrictions that have held them back. These changes would enable nonprofits such as veterans' posts, volunteer fire companies, and churches to expand their fund-raising capacity. With expanded gaming in Pennsylvania, these changes are more important than ever before.

My bill (H.B. 1115) would make several changes to reflect current technology and monetary inflation:

- increase the maximum payout per day from \$4,000 to \$10,000;
- allow organizations to have bingo up to four days a week, up from the current limit of two;
- allow an organization to offer one progressive jackpot per day that could increase by \$10,000 per day, up to a limit of \$50,000;
- allow the use of handheld electronic bingo cards;
- allow leasing of bingo halls and compensation for professionals to run the games; and
- remove limits on advertising.

If you have questions on a state-related issue or subject, please visit www.pahouse.com/Walko or call my office at 412-321-5523.

risk of heart disease, particularly smokers and those with high "bad" cholesterol, high blood pressure, or diabetes, must be very cautious before tackling a strenuous gardening project.

"Even people who are completely healthy and in excellent physical condition are injured while gardening," says Kelli Keach, Business Office Manager of Sky Vue Terrace. "Back and muscle strain are major concerns. Turning over the garden, especially after a long wet winter, is strenuous work and should be approached slowly and deliberately." Gardening uses all the major muscle groups. Legs, buttocks, shoulders, stomach, arms, neck, and back all get a workout.

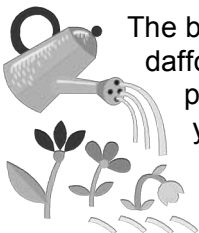
Mrs. Keach offers some tips to help safely get your garden ready this spring:

- If you have a history on heart trouble, speak to your physician before you begin working in the garden.
- Take the time to do some back stretches before you begin. This includes before mowing.
- Lift with your legs bent, not your back. Keep your back straight. By bending into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso, and thighs can do the work for you.
- Don't pick up too much potting soil or mulch at once. Scoop up half a shovel full or less, or purchase smaller, more manageable bags.
- If you have a bad back, consider having a raised "container" garden that allows you to sit or stand upright while you tend your plants.
- Rest frequently and wear sunscreen. And just like your plants, make sure you get enough to drink.

For additional safety tips contact Sky Vue Terrace at 2170 Rhine Street, Pittsburgh, PA 15212, 412-323-0420. Arrange to "Meet the Therapists" for container gardening, landscape planting, or to obtain more valuable hints in order to having a strain free garden season.

HCR ManorCare is a leading provider of short-term post-acute services and long-term care. The company's nearly 60,000 employees provide quality care for patients and residents through a network of more than 500 skilled nursing and rehabilitation centers, assisted living facilities, outpatient rehabilitation clinics, and hospice and home care agencies. The company operates primarily under the respected Heartland, ManorCare Health Services and Arden Courts names.

GET THE DIRT ON SAFE GARDENING



The birds are singing, the tulips and daffodils have bloomed, and it's time to plant perennials and clean up the yard. Gardening is relaxing, isn't it? Actually, digging and cultivating large areas of gardens for just a few minutes can significantly

boost your heart rate and blood pressure, with increases equivalent to those achieved while running to exhaustion on a treadmill. Individuals at



CITY OF PITTSBURGH

"America's Most Livable City"

Office of Mayor Luke Ravenstahl

Dear Neighbors,

As Mayor, I have the honor and privilege of telling the story of each of our neighborhoods. On April 4th the story of Stanton Heights took an unexpected turn. We lost three Pittsburgh Police Officers who worked to protect our families and neighborhoods. As we endure and overcome these challenges and misfortune, we find consolation and support within our community.

We watched as the entire City came together to mourn with the families and the police to remember those that they lost, and to support them. As difficult as it is, they continue to find the strength to come to terms with this tragedy, while never forgetting what happened on that day and the sacrifices that were made. As a City, we are hurt but not broken.

The sea of blue lights and flags present on every block and street across the City has been just one illustration of the unwavering support present in each of our communities. What the lives of Officer Kelly, Officer Mayhle and Officer Sciuolo have taught us, what allows us to go on, is that there can be no higher calling than doing all that we can, even at the risk of our own lives, to care for each other. To provide for our neighbors' welfare. To "Protect and Serve" one another.

Every day thousands of men and women wake up, put on their uniforms, and report for duty. Day in and day out, they patrol our streets to keep neighborhoods safe. It is a calling they have devoted their lives to. To protect and serve. Our three fallen heroes, their actions, and their sacrifice define what it means to be an officer. I encourage all of you to remember these brave men, and all of our Officers for the sacrifices they make on a daily basis.

The Fraternal Order of Police has set up a fund for the families of three officers. To contribute, please send a check, made out to the Pittsburgh Fallen Heroes Fund, to Greater Pittsburgh Police Federal Credit Union, 1338 Chartiers Ave., Pittsburgh 15220.

Sincerely,

A handwritten signature in black ink that reads "Luke Ravenstahl".

Luke Ravenstahl
Mayor, City of Pittsburgh

512 CITY-COUNTY BUILDING 414 GRANT STREET PITTSBURGH, PENNSYLVANIA 15219

Phone: 412-255-2626 ■ Fax 412-255-8602

www.pghgov.com

**CITY OF PITTSBURGH
COUNCILWOMAN
DARLENE M. HARRIS**

April was definitely a month of rebirth and reaffirming life. Besides Passover and Easter, we celebrated Earth Day on April 22nd and Arbor Day on April 24th. We are still cleaning and contributing to the earths' sustainability and we have been planting trees.

The City started renewing itself in March and the effort continues. The neighborhoods are planting and painting and cleaning up. The usual spring cleaning is well underway and the TreeVitalize folks spent the month of April planting trees in several locations in the City including Troy Hill, Brighton Road, Brightwood, and Allegheny Commons.

The *New York Times*' Christine H. O'Toole published an article on March 31st about "The Greening of Pittsburgh." It was a flattering view of our City detailing how we have modernized our historic buildings to be reused in a green manner. They definitely captured our "very Pittsburgh" attitude – keep and respect the old but find a creative new use for it. Of course we agree with Ms. O'Toole, and we are proud that she wrote about us.

Pittsburghers sometimes under-assess their own value and underestimate their own potential. I think we need to brag more. Our strong points far exceed our shortcomings. We should all make a resolution to get involved with our neighborhood organizations and with our neighbors to keep our areas clean and bright.

As we hold forth in the ongoing recession, Pittsburgh's neighborhoods stand to grow. We have housing available - some may need a bit of work, but it all offers life in a great city with many amenities and often a great view.

So with this boost from the *New York Times* let's put our best foot forward. We in City Council are working toward a clean, lean, green future based on a solid history. We are counting on the neighborhoods – depending upon our neighbors – to band together even more and keep Pittsburgh shining as the beautiful, grounded, diverse, and forward-thinking city we know we have.

Councilwoman Harris can be reached at 412-255-2135. You can also communicate with her via email at: darlene.harris@city.pittsburgh.pa.us.

SPICY SAUCY PORK SPARERIBS



Spring is finally here, so it's time to fire up the grills on Spring Hill. Here's a mouthwatering alternative to the traditional Barbequed Ribs that are tender, spicy, and sweet. You can bake them a day in advance (through step 3) and then finish them on the grill just before serving.

Ingredients:
5 lbs. Country-style spareribs
Penzey's Extra-Hot Cajun Seasoning

For the sauce:
1 cup ketchup
½ cup butter
½ cup vinegar
½ cup honey
½ cup hot Dijon mustard
½ cup brown sugar
¼ cup lemon juice
¼ cup Frank's Red Hot sauce
3 cloves garlic, crushed
1 Tbs. red pepper flakes
1 Tbs. salt
1 ½ tsp. black pepper

Directions:
1. Rub rinsed, dried ribs with Cajun seasoning to coat. Allow to rest in fridge overnight.
2. Place meat in a roasting pan in a single layer and fill with water until water covers ribs half-way. Bake in water at 325 degrees for about 3 hours, turning ribs every 20 - 30 minutes, until they are very tender but not falling apart.

3. Meanwhile, combine all sauce ingredients in a heavy sauce pan and bring to a gentle boil. Reduce heat to low and allow to simmer for at least 30 minutes, stirring occasionally.

When the ribs are ready, discard cooking liquid and coat with some of the sauce. Transfer the meat to a preheated grill and continue to cook, basting with sauce, until the sauce is caramelized to your liking (about 20 minutes for me). Serve with remaining sauce.

OR, if you don't have your grill dusted off yet...
Remove ribs from cooking liquid to a casserole or other oven-to-table pan. Increase oven temperature to 350 degrees. Pour half of sauce over ribs and bake for another 30 minutes. Serve with remaining sauce.

Submitted by Jill Shaheen

HOLY WISDOM FOOD BANK

This vital ministry serves many in our community who are having hard times. The food bank is not government-funded and depends upon donations and volunteers within Holy Wisdom parish and our community. This means that the donations you make go directly to your neighbor, not anywhere else in the city. Please help your neighbors in need.

ESB Bank has been collecting food and gift cards all year and will continue to do so. Non-perishable food items can be dropped off at the Bank during normal business hours. Checks or gift cards can be sent to Holy Wisdom Food Pantry, 1025 Haslage Avenue, Pittsburgh, PA 15212.

The food bank at Holy Wisdom (St. Ambrose School) is held every third Tuesday of the month, from 10:00 AM to 12:00 Noon.

To register for the food bank or to volunteer call 412-231-1116.

weekly meetings, there are also free inter-group activities.

Contact Health Hope Network at 412-904-3036 or visit our website at www.healthhopenetwork.org and get connected today!



The Health Hope Network traces its origins in southwestern Pennsylvania to 1918 when, as the Visiting Nurses Association, it first began providing health-related services to local communities. The Visiting Nurse Foundation was then spawned in 1991 and became officially known as the Health Hope Network in September of 2006. Health Hope Network is a non-profit organization that provides accessible and affordable community-based services for Western Pennsylvania and in other nearby counties.



Stroke Survivor Connection™

NEW WEEKLY STROKE GROUP Allegheny General Hospital Mondays, 11:00 AM–2:00 PM

Get Connected with Stroke Survivor Connection

Stroke Survivor Connection (SSC) offers FREE therapy support to stroke survivors and their caregivers at 25 locations in Western Pennsylvania. The SSC program can assist in a stroke survivor's transition from being homebound and restricted in their activities to being active and comfortable interacting in their community. Sponsored by Health Hope Network, this unique program helps to strengthen body, mind, and spirit through physical exercise, mental exercise, and socialization. In addition to the three-hour

The Stroke Survivor Connection (SSC) program, sponsored by Health Hope Network, is a unique, free program that provides support to stroke survivors and their caregivers. Qualified group leaders meet with these survivors for three hours once a week to strengthen their body, mind, and spirit through physical and mental exercise, and socialization. This type of program is not offered by any other health care organization. Participants do not pay a fee to attend as most participants are elderly and have limited income. The SSC is offered in our region through partnerships with local churches, senior centers, and organizations that offer the handicapped accessible space at no cost to conduct the programs.

Stroke is our nation's third leading cause of death and the leading cause of adult disability. Every year more than 750,000 Americans have a stroke. Know the signs and symptoms of stroke, and recognize a stroke as a medical emergency by calling 911. Time Loss Is Brain Loss.

(Continued on page 10)

THE HEALTH HOPE NETWORK (Continued from page 9)

The Signs and Symptoms of Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

“No man stands alone,” according to stroke survivor Walt of the Stroke Survivor Connection Program in Harrison City, Pennsylvania.

“There is so much camaraderie and friendliness within our group, I feel like we are family. We get to share our feelings about having a stroke with other stroke survivors.”

“There is a deep bonding between survivors, families and their caregiver,” says Jean Dasnich, the Stroke Survivor Connection Program leader for 12 years in Harrison City. “The most important part of the group is their willingness to express their feelings, share their ideas, and improve their ability to communicate through our program.”

The group meets three hours every week at the same location. Upon arrival, the stroke survivors sit in a circle to discuss the important issues of life such as the weather, politics, or upcoming activities for the month. Within the first hour, the relaxed atmosphere gives each stroke survivor an opportunity to share their concerns and fears with other members. “The most ignored aspect for the stroke survivor is their feelings after a stroke,” says Jean. “The Stroke Survivor Connection Program creates an atmosphere that nurtures discussion of how they really feel after having a stroke.”

The second hour consists of an exercise program customized to the unique needs of each stroke group. “For some stroke survivors this is the only opportunity they get to move their muscles. The routines are designed for fun and laughter,” says Jean. “What is truly most amazing is that the participants notice and compliment each other for every

accomplishment. Lunch is another integral part of the activities to encourage socialization. The quieter I am during lunch the more interactive the conversations seem to become among the stroke survivors.”

The third hour consists of cognitive exercises where the mind is challenged to stimulate thought provoking comments and problem solving. Trivia questions and crafts are included to nurture daily living skills, promote mental stimulation, and eye-hand coordination. “I really enjoy the opportunity to learn the latest in stroke, finances, and legal issues during the educational sessions provided once a month at the meetings,” says BJ, another stroke survivor from the group.

“Another excellent component of our program,” states Jean, “are opportunities for individual group and inter-group activities such as our annual outing at the Woodlands Foundation, picnics, boat rides, the United Way Day of Caring, rehearsal concerts at Heinz Hall, Pirates baseball games, and other activities. This builds confidence for them to interact with the rest of the world and have fun. All of the stroke survivors still have the same interest and abilities they possessed prior to their stroke. The skills just have to be nurtured and refined in a different way. They just really enjoy learning from each other.”

“Another interesting observation is the support that caregivers seem to feel from our group,” says Jean. “The groups become like extended family. Often caregivers who initially come with a relative continue to attend the group after their family member passes away.”

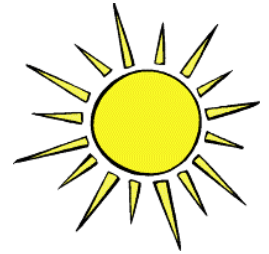
“We are just like any other group of people that like to get together for fun, share their problems, and support each other when we see progress being made,” says Watson, another stroke survivor from the group. Stroke recovery is a life-long commitment. It’s not the destination; it’s the journey that is most important for the stroke survivor.

Stroke recovery can continue throughout life. Health Hope Network has 25 groups throughout Allegheny County and Western Pennsylvania. For more information, call 412-904-3036, visit our website at: <http://www.healthhopenetwork.org>, or e-mail info@healthhopenetwork.org.



SPRING HILL

Community



Flea Market

The 1st Sunday in June, July, and August!

Brady Memorial Home

Parking Lot

1151 Southside Avenue

Pittsburgh, PA 15212

Sunday, June 7  Sunday, July 5

Sunday, August 2

8 AM to 2 PM Rain or Shine

Treasures, Antiques, Household Items

Vendors, Crafts, Candles

Home Made Baked Goods

And More!!!

Tables are just \$10.00 each for one Sunday or \$25 for all three Sundays.
Call Brady Funeral Home at 412-321-1500 from 9AM to 5PM to reserve your space.

Or leave a message at 412-231-7718.

All vendors are welcome – Avon, Tupperware, Party Lite, etc.

We are also looking for volunteers to donate baked goods for our Bake Sale, and helpers to pick-up the tables and clean-up.

All proceeds will benefit the Spring Hill Civic League.