

Attention

There will not be a General Membership and Community Meeting during the month of August.

Next Meeting:
Tuesday, September 8, 2009, 6:30 PM
The Carbam, 5344 Second Ave.

For more information, contact
 Jim Richter, Executive Director,
 Hazelwood Initiative,
 at 412.421.7234



Letter to the Editor

Dear Editor,

I recently read the article in the July Homepage. It was "Help Stop Mailbox Vandalism", Great Article! But we also have another site that is having a lot of vandalism. And that is the gazebo at the corner of Second and Johnston Avenue and that cannot be called "Boys just being Boys". The Damage was set at \$700.00. Since then there has been more damage done. Since I take care of the grounds and the building, I am surprised at the damage. I am surprised at this damage. I am also surprised that we have so many blind residents in Hazelwood. Because when they sit in the gazebo they throw their trash (dirty diapers) and everything else on the floor. Not into the two trash containers at each end of the gazebo. We should have a brail sign for their convenience. The vandals that cause this damage are very brave because they do their damage in the cover of darkness. If anyone has any information about these vandals. Please let us know.

Respectfully Submitted,
 Robert V. Vavro, Sr.
 (Bob)

The Heart of Gold Foundation for Sarcoidosis

Kick off: 9:00am
 Walk/run: 10:00am

"presents"

DJ "Diezel" sending you
 on your way
 while enjoying the
 fabulous vocals
 of
 "Mr. Robert Eberhardt"

Honorary guest: Honorable Judge Joe Williams



7/25/2009 Highland Park



Sponsors: Vitamin Water and Westinghouse Electric

Registration-\$15 includes: Tee shirt, drinks, snacks prizes, and raffles.

For info. contact Rena Dixon at
 412-728-3641 or 412-224-2978 or email at
 admin@heartofgold.com

I'll take Famous American Postmasters' for \$100

USPS Hazelwood Office

"Alex, I'll take Famous American Postmasters' for \$100."

The answer appears on the board: Two Presidents, a Founding Father, and a Nobel Prize-winning author.

"Do-DO-do-do ... do-DO-do ..."

Okay, time's up. Did you write, "Who are Lincoln, Truman, Franklin and Faulkner?"

Presidents Abraham Lincoln and Harry Truman served as local Postmasters early in their business lives. Author William Faulkner served as Postmaster of the University of Mississippi from 1921 to 1924. Complaints from local customers triggered an investigation by the Postal Inspection Service. Faulkner resigned in indignation, claiming that he was happy and relieved to no longer be "in servitude" to anyone with "two cents to invest in a postage stamp."

Benjamin Franklin was Deputy Postmaster General of the colonies until the British fired him for changing his official signature for



free mailing purposes from "Free. B. Franklin" to "B. Free Franklin," an act of protest against the Crown. The Continental Congress named him Postmaster General™ on July 26, 1775.

Philadelphia businessman John Wanamaker was another famous American to serve as Postmaster General. President Benjamin Harrison asked Wanamaker to serve in his new administration, offering him what many considered an easy job. "I can't do that," Wanamaker replied. "I don't want a lazy place. If I take anything, I will take the hardest place you have got." So President Harrison appointed him Postmaster General.

The Good Grief Center for Bereavement Support (GGC)

A private, non-profit organization whose **mission is to be a comprehensive bereavement resource and referral center that builds a more compassionate community through grief awareness, education, support and hope; creating a safe place where all who have experienced the pain of death may come to work through loss and learn to manage grief.**

This family program, offered free of charge, can benefit the newly bereaved as well as families who are continuing to work through their grief. Opportunities for families with children and teens to re-establish and strengthen family bonds include family activities and projects, information on the grieving process, and tips for families to work through their grief.

Registration is required prior to attending this 4-session program. Space is limited, so please call 412-224-4700 or 1-888-GRIEF88. The program begins Wednesday, April 29th, 2009 from 5:30 to 8:00 p.m. and will be held at the Good Grief Center 's new location— 2717 Murray Avenue in Squirrel Hill.

Article found on WPXI or KDKA

Theresa Chalich, RN

In the June Community Health article, I wrote about the Health Hygiene Practices for the H1N1 (Swine Flu) virus. This fall I plan to write more on the need for the seasonal influenza vaccine and on more information specifically to the H1N1 flu. But in this month's column I highlight the vaccines that we adults should be getting regularly.

What You Need to Know

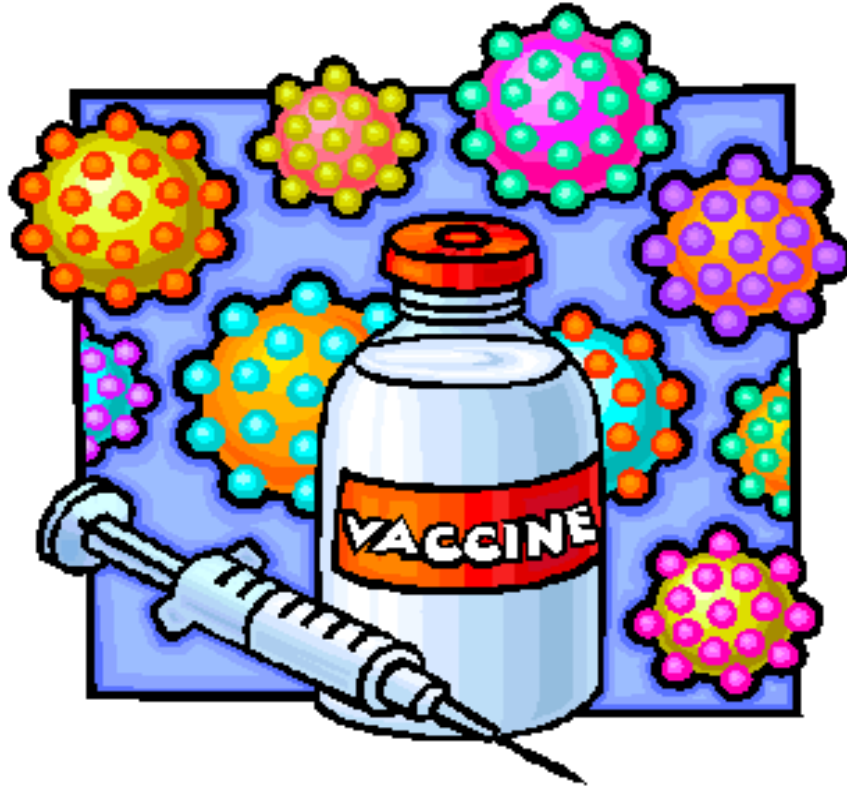
Each year, between 50,000 and 70, 000 adults in the Unites States die from diseases that can be prevented by vaccine. Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. Generally, this is true, except that:

Immunity May Fade

Some vaccines will not be effective for your entire life. Whooping cough (pertussis), the only vaccine-preventable disease on the rise in the US, is an example of what can happen when a person is only vaccinated as a child. The Centers for Disease Control and Prevention (CDC) recommends a one-time booster shot for pertussis (given in combination with vaccines against tetanus and diphtheria) for adults between the ages of 19 to 64 who might not have received the combination (Tdap) immunization.

Some Adults Were Not Vaccinated or Were Incompletely Vaccinated as Children

For these persons, the CDC recommends catch-up vaccinations. Recommended catch-up vaccines:



*Measles, mumps, rubella – This is in a single combined shot.
*Varicella ,also know as chickenpox

Some Vaccines Did Not Exist When People Who Are Now Adults were Children

Vaccines for bacterial meningitis, sepsis, and other diseases were licensed in the 1970s. Others have only been available since the 1990s.

Two new vaccines became available in 2006 against:

* Herpes zoster (shingles), a painful reactivation of the virus that causes chickenpox.

* Human papillomavirus, the cause of most cervical cancer, genital warts, and other diseases.

As We Age, We are More Likely to Develop Serious Diseases Caused by Common Infections, such as the Flu or Pneumonia.

People aged 65 and older have the highest rates of complications, hospitalization, and death associated with influenza and pneumonia. Herpes zoster is estimated to affect 1 million Americans each year.

The CDC recommends the following:

- * Adults aged 60 and older – Herpes Zoster (shingles) vaccination
- * Adults aged 65 and older – Influenza vaccination annually

Do People Get the Illness from the Vaccine?

You may have heard that side effects from vaccines are severe or cause the illnesses they are supposed to prevent. **These claims are not backed by scientific research.** Vaccinations usually cause nothing worse than mild reactions at the injection site.

If People are Healthy, Should They Still be Immunized?

Even healthy individuals can acquire viral or bacterial diseases if they are not sufficiently immunized. Some of these illnesses, once you get sick, do not have a cure, and all may cause severe health problems or even death.

This is a List of Available Adult Vaccines

- Hepatitis A
- Hepatitis B
- Herpes Zoster (Shingles)
- Human papillomavirus
- Influenza Virus Vaccine
- Measles, mumps, rubella
- Meningococcal disease (Meningitis)
- Pneumococcal Disease (Pneumonia)
- Tetanus, diphtheria, pertussis
- Varicella (Chickenpox)

Immunization is the best way to protect a person from vaccine-preventable diseases. Talk to your doctor about which vaccines may be appropriate for you.

Reference: CDC, Recommended adult immunization schedule – United States, 2009.

Annual Contribution & Membership Form

Yes, I would like to help my community of Greater Hazelwood by making a donation!

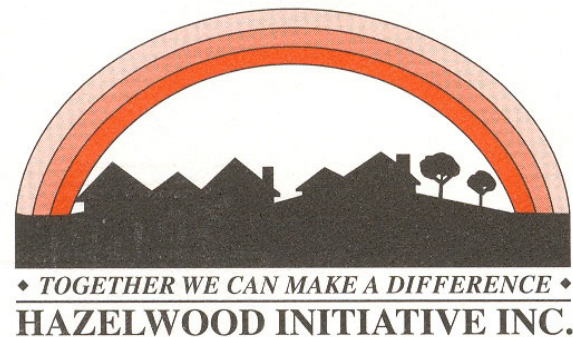
Enclosed is my check for: \$100 \$75 \$50 \$25
 Other \$ _____

Please designate my gift to:

- General Unrestricted
- Snowflake Lights
- Hazelwood Homepage
- HI HOPE
- Safe Halloween
- Other _____

Name _____
Address _____
City _____ State _____ Zip _____
Telephone Number _____

- 2009 Membership Dues of \$12.00 also enclosed
- Please acknowledge my gift in the Hazelwood Homepage.



Please make checks payable to **Hazelwood Initiative, Inc.** and mail to **5344 Second Avenue, Pittsburgh, PA 15207**