



# WOMEN'S YELLOW PAGES *of Greater Pittsburgh*

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Hello,

This year marks the 9th anniversary of Women's Yellow Pages (WYP). This publication is the only one of its kind in Southwest PA. The aim of this book is to increase the visibility and status of women's businesses-and to promote economic growth and support of women.

Who gets the WYP? Libraries -coffee shops-colleges/universities -hospital waiting rooms- many retail businesses, independent book stores- the books are handed out at networking events, and our advertisers distribute copies of the Women's Yellow Pages as a means of creating a network of extended word of mouth referrals and as a marketing tool.



***Did You Know?***

Women's entrepreneurship is on the rise, according to preliminary data from U.S. Census Bureau, which shows that women are increasingly becoming small business owners. U.S. business ownership rose 27.5 percent for women, and overall, America added one million net, new businesses from 2007 to 2012, a period in which U.S. employment fell by 3.8 million.

Support small and women owned businesses this holiday season and all year.

The number 9 according to different sources can mean: Nine is the number of magic-  
 Nine is the number of completion and fulfillment-Nine is a symbol of wisdom and good leadership-  
 Nine is the number of heaven.

All good, celebrate with us as we complete 9 years of publishing Women's Yellow Pages.



Best to all for a wonderful year filled with all that brings you pleasure.  
*Anna Marie*

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## DEDICATION 2015

**Marqua Wilson**, a long-time client of Women's Center & Shelter, was murdered in cold blood by her ex-partner. He shot her in the head, while her five young children were home. Marqua was a loving mother and a spirited, strong young woman. She had fled from this abusive man several times, and was finally living in a safe, confidential place. Anyone who knew her would tell you she was working hard to re-build her life free from violence. Her ex found her because a professional didn't redact this confidential information in a document that went to him. This is unfortunately not the only time the system had failed Marqua. He wasn't jailed for any significant length of time when he kicked her door in, or beat her up repeatedly, or when he stabbed her. He is a VERY dangerous man, and if we shared with you some of the ways he terrorized Marqua and her children you wouldn't be able to sleep tonight. And now Marqua is dead, and her beautiful, sweet young children are left without a mother who loved them deeply and tried fiercely to protect them.

Despite the severity of the danger that so many of our clients experience, WC&S very rarely loses a client. Our team is devastated, utterly heart-broken, frustrated. We had all seen the light for Marqua's future, and now we worry that we'll see her traumatized children in Shelter as adult victims of a repeated cycle of intergenerational abuse. Words really can't express how sad and how angry we all are. We are hyper-vigilant and worried about the women and kids who we have served, -who are in our shelter now, those who will be with us in the future, and especially those we accept who never make it in and we can't reach and we don't know why.

Yet despite the worry, the sadness, and the anger, it is critical that our work goes on.

There are so many more Marquas. So many victims who only want peace. Who only want to be safe. Who only want a stress-free childhood for their kids. **But despite the best efforts of victims and those who work with them, we can't achieve success alone. We need your help.** Take action when you see injustice. Reach out to someone you may be worried about. Speak up when you hear something that concerns you. Don't say "just leave" when you hear a victim saying she is in an abusive relationship; instead, offer ongoing support and connection to safety planning, knowing that 73% of women who are murdered by their partners are murdered when they leave or after they've left. It takes all of us working together against injustices on the personal, systemic, and societal levels. Rest in Peace, Marqua. We will miss you, and we will work every day to honor your memory by striving for justice and by helping others like you who only want to live their lives with love, with safety, and with peace.

*Submitted by Nicole Molinaro Karaczun  
Director of Services  
Women's Center & Shelter of Greater Pittsburgh  
www.WCSCanHelp.org*

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With two out of three families affected by addiction, we know that the women who come to POWER are our daughters, mothers, sisters, friends, and co-workers. POWER's mission is to help women reclaim their lives from the disease of addiction and to reduce the incidence of addiction in future generations. As our region's leading provider of gender-responsive and trauma-informed care for women with substance use and co-occurring disorders, POWER addresses issues like trauma, caregiving, self-esteem, relationships, social stigma, education, training, employment, housing, and overall health and wellness.

We believe that our holistic, strengths-based approach to care contributes to successful recovery. POWER's full continuum of treatment and support services is designed to empower women, leading to healthier families and stronger communities.

POWER House, our licensed 25-bed halfway house program, offers quality inpatient care in a safe and healing environment. Women may stay at POWER House for up to six months while they receive treatment, including psychiatric and healthcare services, and build a strong foundation in recovery as they begin to reconnect with the community. POWER New Day Outpatient is licensed to

provide outpatient services including partial hospitalization, intensive outpatient programming (IOP), and regular outpatient counseling. Group and individual therapy, resource coordination, and psychiatric services are available to all clients. We offer assistance with childcare and transportation to make treatment accessible to all women who need it.

POWER Connection provides in-home drug and alcohol assessment and peer recovery support to women, including those who may be at high risk for relapse or overdose, such as women who are pregnant or parenting, homeless, or victims of violence.

POWER values and hires individuals with lived experience. Approximately half of our nearly 60-member workforce is in recovery from addiction, collectively representing close to 400 years of recovery! Mentors—paid employees with a minimum of five years of recovery from a substance use disorder—serve as recovery and wellness coaches, modeling healthy recovery, helping clients navigate complex systems, and motivating them to remain engaged with treatment. Though peer recovery support services are rooted in POWER Connection, we have expanded the program, ensuring that mentors are available to all women receiving treatment from POWER or on our waiting list.

If you need help or know a woman who would benefit from POWER's services, please call the POWER Line at 412.243.8755 to be directed to the appropriate level of care.

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To become a member call us at (412)338-1919 or visit our website, [www.ourclubhouse.org](http://www.ourclubhouse.org), to register for a New Member Orientation.



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Search by charity to find out tax exemption status: <http://www.irs.ustreas.gov>. **Information obtained from [www.Women-Drivers.com](http://www.Women-Drivers.com)**

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## Join the Campaign for Women's Health

# PENNSYLVANIA CAMPAIGN for WOMEN'S HEALTH

For years now in Pennsylvania's legislature, the phrase 'women's health' has been code for restricting access to safe and legal abortion for poor and working women. The result is clear: Pennsylvania consistently ranks abysmally low for women's health and economic security across all indicators. Recently, a national analysis conducted by the Institute for Women's Policy Research ranked Pennsylvania 31st for women's health & well-being, 31st for reproductive rights, and 23rd for employment & earnings.

In the bigger picture, the United States ranks dead last in the developed world—50th—in maternal mortality—and Pennsylvania is in the bottom half of that dubious ranking. Additionally, maternal and infant mortality is severely stratified by race: African American women are three times as likely as white women to die as a result of pregnancy and childbirth. While alarming, these statistics shouldn't be surprising: studies show that the number of abortion restrictions is directly correlated with poor women's health and higher risk of maternal death.

That's why the Women's Law Project is proud to join with almost fifty other Pennsylvania organizations in the Campaign for Women's Health. The Campaign's current focus is supporting the Pennsylvania Agenda for Women's Health - a state legislative package of bills that proposes real solutions to real problems faced by women and families in Pennsylvania.

Bills in the Agenda for Women's Health are sponsored by members of the Women's Health Caucus, a bipartisan, pro-choice group of lawmakers from both chambers of the Pennsylvania Legislature committed to improving women's health and economic security.

Some of the bills in the Pennsylvania Agenda for Women's Health are:

- Reasonable accommodations for pregnant workers
- Sanitary conditions for nursing mothers
- Equal pay
- Cell phone contract termination for domestic violence victims
- Ensuring safe access to reproductive health centers
- Identifying gaps in health care for women veterans

For a full list of Agenda bills and more information about the Campaign for Women's Health, go to [www.pa4womenshealth.org](http://www.pa4womenshealth.org).

Please encourage your legislator to support the Agenda. Enough ideological politics.

*Let's pursue real solutions for the real needs of women and families in Pennsylvania..*

*[www.pa4womenshealth.org](http://www.pa4womenshealth.org).*

*Please encourage your legislator to support the Agenda. Enough ideological politics. Let's pursue real solutions for the real needs of women and families in Pennsylvania.*

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## Who Could Ever Forget His Or Her First Car?— Not Many According To A Michelin Survey

by Anne Fleming,

New campaign asks drivers to share their #FirstCarMoment and expand tire safety knowledge

Getting the keys to your first car is a moment that people never forget. For most of us, that car – old, new or somewhere in between – represented a newfound freedom and independence. And of course, that freedom of driving carries an enormous responsibility to stay safe on the road. A new survey commissioned by Michelin North America finds that four out of five Americans can tell you about the make or model of their first car, but only one in five (21 percent) remember the type of tires – a key contributor in road safety.

The survey also found that:

- More than half of Americans (58 percent) got their first car before age 18.
- While half (57 percent) purchased their first car themselves, more than one-third (39 percent) received it from someone else (either as a gift specifically purchased for them or as a hand-me-down).
- When thinking about their first car, one-third of Americans (33 percent) were not familiar with how to maintain tire tread, and only half (53 percent) kept a tire pressure gauge in the glove box.

While tire safety is critical to consider all year long, summer is a significant time to remind people of its importance. The period between Memorial Day and Labor Day marks the 100 Deadliest Days for teen drivers, based on accident data from the National Highway Traffic Safety Administration and National Safety Council.

This summer, Michelin is kicking off a new effort encouraging consumers to share stories about their #firstcarmoment and learn more about the importance of tire safety.

“As a tire manufacturer focused on road safety for over 125 years, we feel we have an obligation to remind drivers that whether or not their first — or current — vehicle is in the best condition, their tires should be,” said Pierre Barrard, director of marketing, Michelin North America. “Ultimately, we want to reinforce that what matters most is the safety of the driver, their car and its tires.”

Accidents due to improper tire maintenance are preventable, and simple steps can save lives. Checking your tire pressure monthly with a pressure gauge and learning how to properly check tread depth are easy tasks that can help drivers correctly maintain their tires and contribute to overall vehicle safety.

The campaign is an extension of the company’s larger effort increase awareness of road safety. To learn more about the campaign, visit Michelin Man on YouTube. To learn more about tire maintenance and keeping young drivers safe on the road, including how to check tire tread and pressure, visit [beyondthedrivingtest.com](http://beyondthedrivingtest.com).

*Based on phone survey of 1,009 adults living in the US. ORC fielded the survey from June 4-7, 2015; the survey has a margin of error of +/- 3.1% at a 95% confidence level.*



## Did you know?

That on September 12, 1910 - Alice Stebbins Wells, a former social worker, became the first woman police officer with arrest powers in the U.S. (Los Angeles, CA)?

That on September 14, 1964 - Helen Keller received the Presidential Medal of Freedom along with 4 other women: Dr. Lena Edwards, Lynn Fontaine, Dr. Helen Taussig, and Leontyne Price?

That on September 14, 1975 - Elizabeth Ann Seton was canonized and became the first American-born saint-founded the first U.S. Order of the Sisters of Charity of St. Joseph ?

That on September 20, 1973 - Billie Jean King defeated Bobby "No-Broad-Can-Beat-Me" Riggs in the battle of the sexes tennis match ?

That on September 25, 1981 - Sandra Day O'Connor was sworn in as the first woman U.S. Supreme Court Justice ?

That on September 26, 1971 - Rep. Shirley Chisholm (D-New York) announced she will enter the Democratic presidential primaries?

That on September 26, 1973 - Capt. Lorraine Potter, an American Baptist minister, became the first woman U.S. Air Force chaplain?

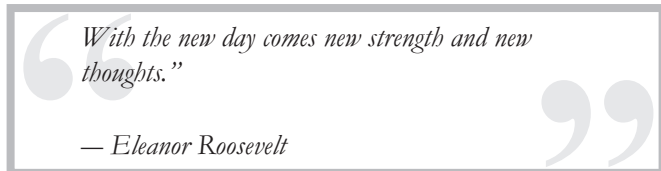
That on September 29, 1988 - Stacy Allison becomes first American woman to reach the summit of Mt. Everest ?

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 Adam.Golden@pnc.com  
*Contact Adam for business and personal financial support . Visit pnc.com/women for more resources for women in business. See our ad in the color insert*

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Pittsburgh, PA 15219  
Phone (412)-246-4434 ext.201

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Sharpsburg, PA 15215  
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Email: allofuscare@voapa.org

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Alice Williams  
WEEE  
Women Empowered for Entrepreneurial Excellence  
620 Island Avenue, Suite 2  
McKees Rocks, PA 15136  
Office: 412 458-1308  
Cell: 412 728-3090  
Email: weee.incubator@gmail.com  
*The mission of Women Empowered for Entrepreneurial Excellence (WEEE) is to stimulate and support sustainable economic growth and prosperity for a diverse population of women. A trusted source for information and guidance, WEEE provides microenterprise businesses with strategies, resources and business incubation. WEE is the only organization with an incubator concept of this type in South Western Pennsylvania that supports the development and growth of women-owned businesses. The concept is "catching on" to become a vibrant community of women entrepreneurs building economic progress, stimulating economic growth by creating self-employment opportunities. Our office is open to aspiring women entrepreneurs, resident and affiliate clients, and small businesses that need conference space and flexible workspace.*

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**CARLOW DIVERSITY DEVELOPMENT**

Carlow University Associate Dean and Director of Diversity Initiatives  
Barbara Johnson, M.Ed.  
Phone: 412-578-6021  
E-mail: johnsonbg@carlow.edu

**THE CENTER FOR WOMEN'S ENTREPRENEURSHIP AT CHATHAM UNIVERSITY**

Phone: 412-365-1253  
Email: womens-entrepreneurship@chatham.edu  
www.chatham.edu/cwe  
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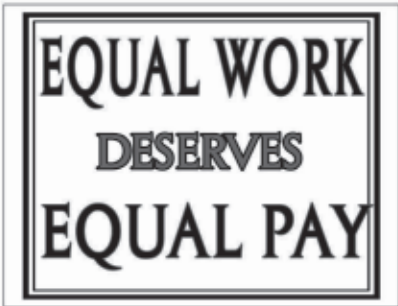
Ruth Byrd-Smith, Director  
204 County Office Building  
542 Forbes Avenue  
Pittsburgh, PA 15219  
Phone: 412-350-4309  
Fax: 412-350-4915  
Email: mwdb@allegheycounty.us  
*The MWDBE's mission is to create an environment that promotes meaningful business opportunities, showcases viable M/W/DBE firm capabilities, builds productive partnerships and exercises effective program management, targeted towards successful integration of M/W/DBE firms within the business structure of Allegheny County and surrounding areas.  
See our ad in the color insert*

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Fax: 412-396-5884  
*Duquesne's SBDC consults individually with small business clients to assist with the demands of start-up and growth, such as marketing, business planning, projections, and financial needs. Contact us by: phone: 412-396-6233; fax: 412-396-5884; email: duqsdbc@edu; or visit our website: www.duq.edu/sbdc.*

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Writes award nominations for Local, State or National awards for Business Advocacy And Professional Recognition! Best 50\* SBA Women's Business Advocate\*Women's Hall of Fame.  
See our ad on page 15*

**MWDBE**

The Allegheny County Department of Minority, Women and Disadvantaged Business Enterprise (MWDBE) is open for business and available to assist you in becoming a successful business in the region. We offer a variety of services to connect you with local MWDBE resources and opportunities to do business with the County and its associated entities.

Creating an inclusive business environment with meaningful business opportunities, serving as a catalyst and advocate for MWDBE development and providing comprehensive information to MWDBEs and the community at large guides the work we do and fuels our vision.

As a member of the Pennsylvania Unified Certification Program (PAUCP), the MWDBE Department is one of five entities (PennDot, Port Authority of Allegheny County, Southeastern Pennsylvania Transit Authority and the City of Philadelphia) whose collective purpose is to provide "one-stop shopping" for minority-owned and women-owned businesses seeking certification as a Disadvantaged Business Enterprise (DBE). Once certified, a business enjoys reciprocity with the other PAUCP members.

The Allegheny County Department of Minority, Women and Disadvantaged Business Enterprise is proud to serve small business owners in the region.  
*For more information, please call us at 412.350.4309, fax 412.350.4915 visit our website at www.allegheycounty.us/mwdb or email us at mwdb@allegheycounty.us.*

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- c. Free business TOOLS, templates and tips here online**
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\* - Women-Owned Business

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Debbie Crum, Director of Business Development  
Phone 724-776-4949

Email: [debbiec@thechamberinc.com](mailto:debbiec@thechamberinc.com)

*THE CHAMBER of Commerce, Inc. unifies regional businesses to leverage resources, strengthen our collective legislative and economic voice, provide value to our members through our world class programs and services, foster a positive climate to promote business growth and enhance the quality of life in the communities that we serve. Become a member today! We offer over 200 events a year, training and development, discounts, and healthcare benefits and an energy program. Join me as my guest for an event and let me introduce you to people who want to do business with you!*



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*Sweet Dreams Events Solutions (an extension of the childcare) offers a unique solution to fill a relevant gap in today's high paced and expensive world of special events by providing professional, on-site childcare for weddings, religious services and high-end special events.*

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Website: <http://www.WalkforGod365.com>

*"Walk for God" is a comfortable and fashionable line of apparel and footwear designed to remind people that God loves and cares for them. All tee-shirts, hats, tote bags, wrist bands, thumb rings, and shoes proudly display the phrase "Walk for God". The right choice when you want to demonstrate your beliefs, serve as a witness and "Walk for God".*

See our ad on page 60

*"You can tell how high a society is by how much of its garbage is recycled."  
—Dhyani Ywahoo*

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James W. Martin E-Mail: [selfimagebz@aol.com](mailto:selfimagebz@aol.com)

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 Cell: 412-944-4513  
 Fax: 412-781-6905  
 Email: gerrig1226@aol.com  
 Website: www.atouchabovetherestcommercialcleaningllc.com  
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 Email: conleyhelps@gmail.com  
 Website: www.suzysparkle.com  
 http://www.thumbtack.com/profile/reviews \*\*\*\*\*  
 Sparkle cleaning service with a smile!  
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 Email: info@dustingdivasinc.com

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Gerri Germany  
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 P.O. Box 9107  
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 Suite 200  
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*Coaching is done by phone so location is not a barrier.*

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*See our ad on page 19*

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See our ad on page 18

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724-834-9390

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*Vicky Illar*

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FAX: 412.782.7478  
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## Focus on What Matters – 7 Tips for Limiting Distractions



Individuals living with ADHD know firsthand the challenges of being easily distracted. That being said, in this fast paced digital world we all have moments of distractibility and struggle to regain focus. Below are helpful tips for anyone for staying on track during our busy days.

1. Turn off email and text alerts on your desktop and phone. Each time these pop up or ding, your focus on the task at hand is interrupted.
2. Separate from your cell phone (if you dare) by placing it in your purse, desk drawer or better yet in a different room when you are working on project that demands your undivided attention.
3. Write down your top three goals each day and place them within site to serve as a frequent reminder of what you have decided is top priority for the day. Periodically check in with yourself to confirm your current actions are moving you towards your goal.
4. Declutter your work area. Glance at your desktop is it a workspace or a reference room (piles of papers not related to active projects)? If it's the latter, set aside some time to sort through and file or dispose of those items no longer related to active projects.
5. Mozart or other instrumental music played in the background can reduce distractibility and soothe the brain.
6. Get enough sleep. The average adult needs 8 hours of sleep for their brain to function at an optimal level. Turn off all screens at least 30 preferably 60 minutes before your head hits the pillow.
7. Take brain breaks when you find your attention wandering. Go outside, walk a flight of stairs, make a phone call or briefly chat with a co-worker. A little stimulation can help you regain focus.

*Susan Lieber, MS, COC, ACC  
ADHD and Productivity Coach*

## CONTRACTOR

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*By Tom Winschel, Social Security District Manager in Pittsburgh, PA*



In 1985, after making it back to the future from 1955, Marty joined Doc for a drive 30 years into the future. That future is now. If the alternate 2015 of the Back to the Future film series were accurate, we'd be easing along on hover boards, navigating skyways in flying cars, and enjoying the luxuries of self-lacing sneakers and self-fitting jackets.

In that imagined 2015, we conduct business by fax and watch multiple channels of entertainment on the wall.

In some ways, the real 2015 is far more advanced than the imagined one of the movies. You don't see any computers or online services in the movie — let alone the computers most of us carry around with us in the form of smart phones and tablets.

In the real 2015, you can do a far better job of predicting your own future. Just visit the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). With the Retirement Estimator, you can plug in some basic information to get an instant, personalized estimate of your future benefits. Different choices in life can alter the course of your future, so try out different scenarios such as higher and lower future earnings amounts and various retirement dates to get a good prediction of how such things can change your future benefit amounts.

As Doc said in the final moments of the film series, no one's future has been written yet. "Your future is what you make it. So make it a good one."

With the information you get from the Retirement Estimator, you'll have a better idea of what types of savings and pensions you may need, and at what age you should consider retiring — to make your future the best it can be.

*You don't need a converted DeLorean or flux capacitor or even a team of creative filmmakers to predict your future. Just visit the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). And when you're ready to put that future in motion, apply for benefits online at [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).*

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Mary Grace Musuneggi, CLU, ChFC, CFS, RFC  
 President & CEO of The Musuneggi Financial Group  
 Executive Director of Single Steps Strategies

As the Russian ballerina, Grusinskaya, in the movie Grand Hotel (1932), the melodramatic actress Greta Garbo said, "I want to be alone." These words also became associated with her in her private life. But in a rare interview she clarified her intent: "I never said, 'I want to be alone.' I only said, 'I want to be left alone!' There is all the difference."

Once a year I go on a private retreat. I leave the city, leave Tom and the dog, and leave the office. I escape. I have been doing this every year for a very long time.

I want to be left alone, I want to be alone...but what I don't want to be is lonely.

Sometimes women don't know how to differentiate the left alone from the alone and the lonely. Too often they think these are all the same.

But being left alone means that no one is making you crazy at the current time—not your kids, your dog, your spouse, your relatives, your boss...not the world at large. "Left alone" can happen at any moment in time and on any day, even if it is just for an hour. It can be an escape to the bathroom for a long shower; an appointment at the local salon to get your hair done; or a visit to the neighborhood spa for a massage. To make this an exceptional momentary escape, don't tell anyone where you are going. Or leave the cellphone in the car. Before you go home, stop for coffee at a quiet bistro or sit on a bench in a nearby park watching the birds or reading a book. The very joy is having some time where you are truly "left alone."

Being alone is another dimension. It is beyond just having a few moments or hours where no one bothers you. Being alone is a deliberate decision to spend time with yourself...to spend time with your thoughts. It is going on retreat. There are no cellphones allowed. It is a time to restore your sense of self and your sense of well-being. It is a necessity, and it requires a few days, not just a few hours. It requires planning: Sitters for the kids and the pets. Days off from work. Money. But the reward is worth all of the time, money, and planning efforts. The reward is a kinder, gentler, happier, healthier you. And that is a reward that all the members of the family or employees of your company can also enjoy.

Now the irony of this is that too many women think being left alone and being alone equate to being lonely. Interestingly, it is those women who are so very "not lonely" who most need the time to be left alone and need the time to be alone.

\*\*Being lonely is depressing. Being left alone is refreshing.

\*\*Being lonely requires therapy. Being left alone can be life changing...being alone is therapy.

\*\*Being lonely sends some women into a tailspin where they reach out for the first (often unsuitable) relationship that shows itself. Being alone sends you into a relationship with yourself that reminds you all you have is all you need. And if some other person enters your life, they could be a nice addition.

\*\*Being lonely is typically not a choice. Being left alone can be a quick decision...being alone is a conscious choice.

To maintain your focus, carve out some time in every day where you are left alone. To maintain your sanity, plan an extended time to be alone. To maintain a happy life, make an effort to not be lonely. Join an organization; take a class; volunteer in your community; invite a co-worker out for dinner. Enjoy the company of others...then enjoy some time alone.



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In one hour, quarterly meetings, we donate \$10,000 to the voted upon non-profit benefitting women and girls. The mission of this new powerhouse giving circle is to create a space for Women who have More in their lives, to take action on behalf of Women who have Less.

No Frills Philanthropy; Making a Significant Impact without a significant investment of time and energy—just what today's busy woman needs!

Inspired Women Paying it Forward is open to anyone who is interested in combining forces with like-minded women who've agreed to make a quarterly donation of only \$100! The impact will be significant for the one Women's 501(c)3 Charity nominated and selected by the memberships' majority vote each quarter. Two of the quarterly meetings' donations will go to Local Women's Charities, while the other two will be for Initiatives with a more Global Focus.

Collective Giving – Collective Impact! 100% of every check Goes Directly to the selected non-profit!

Constantly in search of an easier way for women to support women, founder Debra Dion Krischke arrived at this model after researching other giving circles. Ms. Dion Krischke has over 25 years of experience in producing special events for women's initiatives. Nationally, her events have raised over a million dollars for the lesser-funded organizations, which are working on the tough issues such as domestic violence and human trafficking or providing education opportunities for women and girls around the world.

According to Ms. Dion Krischke women nationwide have big hearts and very little extra time. "All women need to network and we want to give back, but between work and family our plates are overfilled. One more committee meeting, one more obligation, one more demand for our time puts many of us on overload. And yet we care about other women!" says Ms. Dion Krischke. "We understand that we are in sisterhood with women locally and globally who might be fighting for the freedom to get an education, fleeing an abusive relationship, or fighting for an end to lawlessness where they are not safe from assault or worse. We want to support women who might be fighting for the right to drive, the right to vote, the right to work, and the right to go out in public without a male escort. We stand beside them in their fight. We care – and our collective donation is our way of paying it forward with a much greater impact. This is networking with a purpose." It is Ms. Dion Krischke's hope and intention that other women will form chapters in their own communities as well, making Inspired Women Paying it Forward—a nationwide movement.

*To join, learn more, or to start an Inspired Women Paying it Forward—chapter in your area, please visit the website at [www.InspiredWomen.com](http://www.InspiredWomen.com) or call 724-935-6100.*



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## Success Story: Diana



In one year's time, Diana moved to San Francisco, got married, became pregnant, and learned that her husband had stage-four malignant melanoma. Two and a half years later, while Diana was pregnant with their second child, her husband died at age 32.

Her husband had been, in Diana's words, "the family I never had." Until she met him, Diana hadn't felt she belonged anywhere. She was the child of a single mother whose addiction kept her from taking care of Diana. The only nurturing she got was from a neighbor. By sixth grade Diana was anorexic. In eighth grade she was admitted to the hospital weighing 80 pounds.

Diana realizes now that anorexia was her first addiction. "I was consumed with starving myself." She started eating again but didn't realize her eating problems were caused by underlying issues of loneliness, fear, and abandonment. At age 15 she began using marijuana and alcohol. After high school, her drinking escalated.

Diana met her future husband in college, earned her bachelor's degree in economics and taught pre-school while working on her master's in education. Later she taught high school classes to teenagers in Shuman Detention Center and the Allegheny County Jail. Her husband didn't drink so she tried to drink less. She thought she had her life together.

But after her husband died, Diana says, "I couldn't have a conversation for about a year without crying." She started drinking heavily "to be numb, to not think, to not dream." Over the next eight years Diana had two DUIs, one house arrest, and three chemical detoxes. She went through four inpatient drug and alcohol treatment programs, her children were removed from her care, and twice she woke up in a hospital emergency room with no idea how she got there. She completed every drug and alcohol treatment program she was in successfully but relapsed immediately afterward. When her Children, Youth, and Families caseworker talked her into going into POWER Outpatient, Diana told her POWER therapist, "There really is nothing you can do for me." The therapist answered, "Let's see how it goes."

Here's how it went: This time Diana didn't relapse. She liked POWER and felt comfortable in a setting where the clients are all women. She found that other clients' stories and paths were similar to hers and that she related to staff members who are in recovery themselves. Her therapist helped her work through her feelings of being neglected as a child and the pain of losing her husband.

Today Diana has three years clean and sober and lives with her two children. She works as a service coordinator at a social Today Diana has three years clean and sober and lives with her two children. She works as a service coordinator at a social service agency, writes a blog, and belongs to the POWER Alum Association. She is grateful to POWER for changing her whole outlook. "I arrived at POWER in black and white," Diana says, "and left in color."

### *Facts About Women and Drug Abuse from USA.gov*

***\*\*Women who use drugs often suffer from other serious health problems, sexually transmitted diseases, and mental health problems, such as depression.***

***\*\*Many women who use drugs have had troubled lives. Studies have found that at least 70 percent of women drug users have been sexually abused by the age of 16. Most of these women had at least one parent who abused alcohol or drugs.***

***\*\*Often, women who use drugs have low self-esteem, little self-confidence, and feel powerless. They often feel lonely and are isolated from support networks.***

***\*\*Women from certain cultural backgrounds or who have difficulty with the English language may not know how to find help for their addiction.***

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## Circling into Happiness

By Dorit Brauer



Labyrinths are sacred circles found in every culture around the globe, dating back thousands of years. This spiritual transformation power tool allows you to reach states of clarity, during troubled times and turmoil. Its single winding path invites you to relax, flow and trust. The path always leads to the center and you cannot get lost.

The labyrinth is not be confused with a maze, where you make choices, reach dead ends and lose your way. It is interesting to notice that mazes became popular during the period of rationalism in the 15th century, emphasizing reasoning and thinking. This was also a time when the holistic understanding of the universe diminished.

The labyrinth serves as a metaphor for life. It invites you to transcend polarity and reach a place of unity. Our perception of reality is based on polarity. Opposites create one another, for example: good and bad, day and night, sun and moon, woman and man, etc. For us as human beings it means that we constantly judge everything that happens and categorize if it is good or bad for us. It's a non-stop process and creates tremendous stress.

Now imagine a place where you embrace absolutely everything. You have no judgment whatsoever about the situation. This place exists and it's called Unity or the Middle and it is the goal of all meditations.

When you reach the center of the labyrinth you are in the Middle, metaphorically you have reached your own inner center of balance and peace.

It is interesting to notice that the last 25 years the labyrinth movement in the United States flourishes with dozens of new labyrinths created every year. There seems to be a growing spiritual hunger, and people are seeking answers for life's important questions: Who am I? Where do I go? What is the purpose of my life? In the labyrinth you might find the answers.

This is what you may contemplate while entering onto your inner journey. First of all, walking a labyrinth is easy. Enjoy putting one foot in front of the other, give up control and trust the journey. Walking towards the center you focus on releasing everything that does not serve your highest good any longer. Visualize breathing in bright shining benevolent healing light. You exhale everything that does not resonate with the light.

You reach the center of the labyrinth and now you are an empty vessel, a blank canvas, ready to be filled with new ideas and possibilities. It may also be a place of complete quietness and peace. Allow new thoughts to enter your mind. Who will you be, once you released everything that does not resonate with who you truly are?

Then trace your steps back out of the labyrinth. Reflect on your journey and on what you have learned.

With every step you come closer to transcending polarity and reaching your own inner center. That is the true journey towards happiness.

*Award-winning author Dorit Brauer chronicles in *Girls Don't Ride Motorbikes – A Spiritual Adventure Into Life's Labyrinth* her modern day pilgrimage in which she embarks onto a 7,430 mile solo motorcycle adventure across the US to walk labyrinths. She is the owner of the Brauer Institute for Holistic Medicine in Pittsburgh, Pennsylvania.*

## Women and Estate Planning Basics

When it comes to estate planning, women have unique concerns. The fact is that women live an average of 4.8 years longer than men\*. That's important because it means that there's a greater chance that you'll need assets to last for a longer period of time and a greater need to plan for incapacity.



### What is an estate plan?

An estate plan is a map that reflects the way you want your personal and financial affairs to be handled in case of your incapacity or death. It allows you to control what happens to your property if you die or become incapacitated.

- Living will – a document that lists the type of medical treatment you would want, or not want, under particular circumstances.
- Durable power of attorney for health care (health-care proxy) – lets one or more family members or other trusted individuals make medical decisions for you.
- Do not resuscitate (DNR) order – a legal form, signed by both you and your doctor that gives hospital staff permission to carry out your wishes.

There are also tools that help others manage your property when you are unable to, including:

- Joint ownership – allows another person to have the same access to the property as you do. For example, if you and your spouse have a joint checking account and you become incapacitated, your spouse would still be able to make mortgage payments on time.
- Durable power of attorney – lets you name family members or other trusted individuals to make financial decisions or transact business on your behalf, even if you are disabled, or perhaps because you are disabled.
- Living trust – a successor trustee can step into your shoes to manage property in the trust if something should happen to you.

### Wills and Probate

A will is quite often the cornerstone of an estate plan.

Whether or not you have a will, some property passes automatically to a joint owner or to a designated beneficiary. For example, you can transfer property such as IRAs, retirement plan benefits, and life insurance by naming a beneficiary.

A trust is a versatile estate planning tool that can protect against incapacity; avoid probate; minimize taxes; allow professional management of assets; provide safeguards for minor children, elderly parents, and other beneficiaries; and protect assets from future creditors. irrevocable.

*\*NCHS Data Brief, No.168, October 2014*

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**TITHING: WHAT, WHY,  
WHO and HOW**

Bonnie V DiCarlo

You often hear and read about money: earning, saving and investing. This article is about giving away your money. Definition: Tithing is a one-tenth part of something. So when we talk about personal tithing, we mean that you give away one tenth of your earnings.

You might ask: " Why would I do that?"

My answer is we have a human obligation to leave things better than we found them. I'm talking about here, now, wherever we are. You might think I'm saying to contribute 10% of your earnings to a religious institution of your choice. This is one possibility. There are, however, many ways to tithe. This region has many non profit organizations that, sadly, feed, house, clothe and counsel women, men and children who do not have the money to take care of these basic needs. Make one or more of these needed organizations to be the recipient of your 10%.

There are many ways to fulfill your tithing. Make a direct contribution, attend a fundraising event, set up a scholarship, adopt a family or student, name a non profit in your will. I'm certain you can list many more ways to give away 10% of your earnings. Be creative - remember we are all in this together!

Perhaps 10% is impossible at this stage of your life. Start with three percent, and raise it one percent every two years. We all have our own needs to take care of. And we must do that.

But if we are fortunate to have learned, and are now earning, let's remember to share with others and make this a "better place than we found it."

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## Women Die from "Real Heart Disease" including a 'Broken Heart'

Sunita Pandit



More women die of heart attack than any other cause including Breast Cancer. Heart disease is not limited to or more prevalent with men. According to cdc.gov, heart disease is the leading cause of death for women in the United States, killing 292,188 women in 2009. Almost two-thirds (64%) of women who die suddenly of coronary heart disease have no reported previous symptoms. "Broken Heart" deaths occur when a women experiences a major emotional loss such as the death of a spouse.

Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as: neck, jaw, shoulder, upper back or abdominal discomfort, shortness of breath, right arm pain, nausea or vomiting, sweating, lightheadedness or dizziness, unusual fatigue. Even if you think you have no symptoms, you may misunderstand them and dismiss these risks for heart disease. Very often women will think they have the flu or are just feeling out of sorts. Ladies, if you have any of these symptoms, please err on the side of caution and seek medical assistance.

More women than men have diabetes, obesity, and history of stroke, heart failure, renal failure and depression. Researchers surveyed 2,990 women and men from an international study of heart attack patients 18-55 years old. They used general health measures and a disease-specific questionnaire that assessed patients' chest pain and lifestyle prior to their heart attacks. They found that women had poorer physical and mental health with more physical limitations prior to their heart attacks than similar-aged men with heart attacks.

There is some temporary good news, women have youthful hormonal protection and onset of heart disease usually happens 10 years later in life than men. Studies show that post-menopause, women have an increased risk of heart disease. This is because of decreasing levels of the female hormone estrogen during menopause which process begins around age 50. The hormone Estrogen creates higher levels of high-density lipoprotein (HDL or "good cholesterol") and lower levels of low-density lipoprotein (LDL or "bad cholesterol"). When natural estrogen decreases during menopause, this leads to lower "good cholesterol" and higher "bad cholesterol" increasing the risk of heart disease. Today increased life expectancy for women in the United States is 79 years, so women can expect to live a longer part of their lives with an increased risk of heart disease.

By Sunita Pandit aka Mrs. Cardiology host of the popular podcast and website.

More info at: [www.mrscardiology.com](http://www.mrscardiology.com)

Mrs. Cardiology records a half hour show on the Talkshoe.com network. This is also an anchor podcast on [pplmag.com](http://pplmag.com) here in Pittsburgh, PA.

Host Sunita Pandit gives information and tips on health gleaned from Mrs. Cardiology's Fireside Chats with her Cardiologist husband, Dr. Santosh Pandit.

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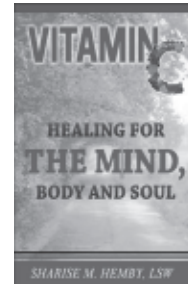
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## A Holistic Approach to Mental Health Wellness

### *Examining 4 components to maintain a balanced lifestyle*

We live best when we are in balance! Oftentimes life can come at us fast; resulting in most of us losing our center in search of balance. Most of us seek work-life balance and when one facet dominates our lives we can become imbalanced. As a mental health professional, I have learned that treating patients from a holistic approach is imperative to get to the core of the problem and assist them in developing or enhancing the tools to manage life's complexities. **There are many components that factor into treating the whole person.**



**Physical Wellness:** This may be the most important area to obtaining mental health wellness. Before we can address the other components, we must be aware of any physical symptoms that may be affecting an individual's ability to function. Assessing the physical symptoms before the mental health symptoms is essential. Most patients present with physical symptoms that mirror mental health disorders such as anxiety and depression (problems sleeping, loss of appetite, panic attacks, and shortness of breath). When this occurs, patients should be referred to their primary medical doctor to rule out any medical conditions before continuing mental health treatment.

#### **Some questions to consider:**

- How much sleep are you getting at night?
- Do you exercise regularly?
- Are you getting proper nutrition?
- Do you see your doctor regularly?

**Emotional Wellness:** People in good emotional health are not exempt from adversity. However, they are resilient, having the ability to recover effectively from illness, change or misfortune. Emotional wellness is the groundwork for what is necessary for identifying and nurturing your feelings, your intellect and your conscious inner-being. Some strategies for enhancing our emotional wellness include Positive affirmations, practicing self-love, find a hobby, don't be afraid to say no, and don't be afraid to say yes, practice forgiveness.

**Emotional health also involves the people around you. Conduct an inventory of the people you spend the most time around.**

- Are they supportive?
- Do they challenge you?
- Are they draining or discouraging?

**Mental/Psychological Wellness:** Individuals who have good mental and psychological health are able to use their cognitive and emotional capabilities to function in society and meet the day to day demands of life. If an individual finds himself or herself suffering from symptoms such as difficulty sleeping, lack of appetite, feelings of hopelessness that persist for several days, irritability, suicidal thoughts, hallucinations (hearing voices), delusions seek medical attention immediately. Again, medical conditions should be ruled out before patients begin treatment with a mental health professional. Most mental health disorders are a result of chemical imbalances and some are genetic. When an individual has a chemical imbalance, he or she may have a mental health disorder. Seeking mental health treatment is extremely important in assisting individuals in tapping into their strengths to enhance their coping skills in order to manage their conditions. It is also important to take any medication prescribed by your doctor and report all side effects in counseling and to your doctor. Do not stop taking medications without speaking to your doctor. Other strategies for enhancing our mental and psychological wellness include joining a support group, journaling, reading a self-help book and practicing relaxation techniques.

**Spiritual Wellness:** The activity we engage in to find and nurture a sense of connection to a higher power and deeper meaning for our lives. Spiritual wellness involves the values and beliefs that provide meaning and purpose in our lives. A huge part of spiritual wellness is understanding "Who Am I?" When the gap between whom we are versus whom we think we are narrows; we begin to have good spiritual health. The process of spiritual wellness also includes what is real within our own experiences on our journeys to discover our truths. Consider the following questions for developing spiritual wellness:

- Do you make time for relaxation in your day?
- Do you make time for meditation or prayer in your day?
- Do your values align with your decisions and actions?
- Do you accept the values and views of others?

When treating the whole person, the goal is to assist individuals in finding balance in each facet of their lives. It may take time before one is ready to divulge the information needed to take the steps to achieve the desired results. There are many different ways to assist individuals in achieving this goal, but the one variable that does not change is meeting individuals where they are!

**More information on a holistic approach to mental health wellness can be found in Sharise Hemby's book *Vitamin C: The Healing Workbook for the Mind, Body and Soul*. For a consultation, contact Sharise Hemby at [vitaminhealing@gmail.com](mailto:vitaminhealing@gmail.com)**

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## Living a More Healthy Life

There are five principals to living healthy:

- Eating right
- Exercising
- Managing stress
- Sleeping well
- Drinking lots of good, clean water.



And while those may seem simple enough, most of us have a difficult time incorporating them into our busy lives.

Of increasing concern is the point about about drinking plenty of quality water – not because we don't try -- but because the water we drink may not be the healthiest for our bodies. The bottled water that we consume undergoes very minimal testing by the Food and Drug Administration and may even be bottled six to 12 months in advance of reaching the market. Additionally, if a bottle of water is left in a hot car, the plastic from the bottle heats up and can release cancer-causing chemicals into the water that you will then put into your body.

Explore a healthier option with Kangen Water, owned by Enagic, a Japanese company established in 1974. Simply put, Kangen Water is the best solution to the toxicity problem occurring inside and outside of our bodies. Kangen Water removes the poisons from food, eliminates the chemicals from homes and flushes the toxins out of our bodies.

Enagic is a certified medical device that is used in more than 300 hospitals in Japan and more than 32,000 restaurants. Moreover, about 1 in 300 Japanese homes has a Kangen Water ionizer. Kangen Water comes with a host of healthy benefits, including the ability to make our bodies alkaline, creating regularity and boosting metabolism—all of which have a healthy effect on fat loss. What's more is that Kangen Water tastes great, is less filling and does not contain the acid of other drinks, acid that could potentially lead to cancer.

Kangen Water has been gaining attention in popular media outlets such as Harper's Bazaar, New You and with Hollywood celebrities who want to maintain their vitality and protect their health.

Don't miss out on your chance to enjoy a healthier, more fulfilling lifestyle. For more information about Kangen Water or how to purchase a Kangen Water ionizer, call Heather Ferri, (412-339-6468.)

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### Benefit from Meditation

As a medium, meditation is important for my vocation. However, you don't have to be a medium to benefit from it! By clearing the mind of daily clutter and going inward, many studies have shown that meditation is healthy to mind, spirit, and body.

There are a couple of myths to dispel, which gives excuses for people to not meditate.

The first one is time. Many feel that meditation has to take a long time. I've sat in a number of mediumship development meditation groups over the years where we did almost an hour of meditation. Usually, it became nap time for me. When I started taking mediumship classes with some excellent mediums, they taught that these lengthy sessions were unnecessary. In fact, one of these teachers had us sit on the edge of the seat to prevent us from going too deep! They would guide us through 5-10 minute meditations before doing our exercises. This added up to 30+ minutes of meditation total.

This brings me how to use this in daily life with a number of mini meditations. One good piece of advice I got was to turn the morning shower into the a session by imagining the water as streams of light coming from the fixture.

There are pauses that can be taken during the day, like a short walk to just enjoy the surroundings while focusing on breathing. Be creative! There are meditations on YouTube that are 5 minutes to over 2 hours. I find that the 10-15 minute ones suit me fine. About once a week I might do a 20-30 minute one, but no longer!

This brings me to the second myth of silently blanking the mind. I tried doing this, and eventually found I do better with guided meditations. There are those who prefer total silence. There are no rules. Experiment and see what works best for you. When I select a guided meditation, I go to the mediumship category. There are many options, like building abundance, self-esteem, sleeping better, grief, meeting spirit guides, etc. I highly recommend that you include spirit guides in guided meditations. These guided meditations help you discover who they are and how they can help you.

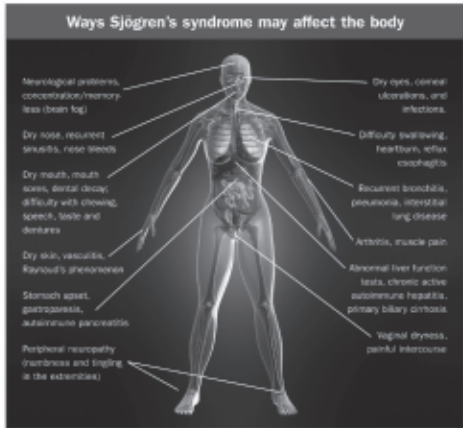
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## Sjogren's (Sho-Grins) Syndrome, You Could Have It and Not Even Know It!

It is very typical to see the globally recognized pink ribbons in almost any setting or location. We all recognize that the pink ribbon has become the icon to represent breast cancer and all of the many stories that go with it.



Would you be surprised to learn that there is an autoimmune disease that affects women more than breast cancer? 3.2 million women have or have had breast cancer, while 3.6 million women have Sjogren's Syndrome, both diagnosed and undiagnosed.

Sjogren's Syndrome is a chronic autoimmune inflammatory disease in which the moisture-producing glands are damaged, significantly decreasing the quantity and quality of saliva and tears. While the disease was first identified by Henrik Sjogren in 1933, even in present day, few people have even heard of Sjogren's.

Although, the hallmark symptoms are dry eyes and dry mouth, Sjogren's may also cause dysfunction of other organs, affecting the kidneys, gastrointestinal system, blood vessels, lungs, liver, pancreas, and the nervous system. Patients may experience fatigue and joint pain and are at a higher risk of Lymphoma. Sjogren's Syndrome can be very disabling and is now

approved for disability through Social Security for those who are severely affected.

Sjogren's Syndrome is one of the most prevalent autoimmune disorders, striking as many as 4,000,000 Americans. Nine out of ten women are women. About half of the time Sjogren's Syndrome occurs alone, and the other half it occurs in the presence of another connective tissue disease such as rheumatoid arthritis, lupus and scleroderma.

One of the real challenges with diagnosing Sjogren's in patients is that the symptoms are diverse, appear and disappear, and are easily explained away.

Symptoms vary from person to person but may include a dry, gritty or burning sensation in the eyes; dry mouth; difficulty talking or chewing, or swallowing; a sore or cracked tongue; dry or burning throat; dry peeling lips; a change in taste or smell; increased dental decay; joint pain; vaginal and skin dryness; digestive problems; dry nose and fatigue.

The average age of diagnosis is the late 40's, although it can occur in all age groups (including in children) and in both sexes.

Equally challenging, is that Sjogren's Syndrome is often misdiagnosed or under diagnosed. The Sjogren's symptoms mimic those of menopause, drug side effects or medical conditions such as lupus, rheumatoid arthritis, fibromyalgia, chronic fatigue syndrome and multiple sclerosis. Because all symptoms are not always present at the same time and because Sjogren's can involve several body systems, physicians and dentists sometimes treat each symptom individually and do not recognize that a systemic disease is present. The average time from the onset of symptoms until diagnosis is over six years and sometimes many years.

Sjogren's is diagnosed by eye tests and blood tests. However, one can still have Sjogren's in the absence Sjogren's antibodies in the bloodwork.

Recent studies reported by Dr. Juluis Birnbaum of Johns Hopkins Hospital have indicated that researchers are finding that when patients with a Fibromyalgia diagnosis undergo a skin biopsy, that they actually have Sjogren's Syndrome. Sjogren's Syndrome is a disease of the small nerve fibers.

UPMC has just started a Sjogren's Syndrome Clinic under the direction of Dr. Ghaith Noaiseh. Dr. Noaiseh can be reached by calling: (412) 586-3550

If you are having any of the above listed symptoms or know someone who is, please see your doctor to check for Sjogren's Syndrome.

For more information, please contact: Sandy Burkett, Sjogren's Syndrome Support Group Leader/Sjogren's Patient (412) 726-3159

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Cusumano Insurance Agency, Inc. founded in 1958 is a second-generation family business owned by two sisters, Joann Cusumano Sciulli and Rosann Cusumano Elinsky. The agency is located in the South Hills area in Pleasant Hills. The professional and experienced staff focuses on innovative solutions. As an Independent Insurance Agency with professional affiliations with the Independent Insurance Agents of America and Trusted Choice, they represent several companies offering various options for Personal, Commercial, Life and Health Insurance. The agency's team are creative problem solvers who help find suitable insurance companies, products and discounts to meet their client's specific needs.

Joann Cusumano Sciulli has been in the agency for over thirty five years. As a graduate of Indiana University of PA with a degree in Business Management/Marketing, Joann also holds the professional designation of AAI (Accredited Advisor Insurance). She currently sits as a member of the Member Agent Panel for the Insurance Agents & Brokers of PA.

Rosann Cusumano Elinsky a graduate of Penn State University and has been in the agency for over thirty years. With professional designations of AAI & LUTC Fellowship, she is also actively involved in the West Jefferson Hills Chamber of Commerce.

*For more information about preparing for catastrophes, discuss concerns with an agent at Cusumano call 412-655-4432, email contactus@cusumanoinsurance.com or visit www.cusumanoinsurance.com. See the Cusumano Insurance ad in the color insert.*

“Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.” ~ Ann Landers

## ONLY 3%!

On June 3, 2015 The nTIDE Jobs Report stated that among workers ages 16-64, the 4,247,000 workers with disabilities represented 3.0 percent of the total 140,116,000 workers in the U.S.

“That statistic is not good news”, stated Bonnie Rubin, Program Administrator for Volunteers of America. “Although May’s National Trends in Disability Employment – Monthly Update (nTIDE), issued by Kessler Foundation and University of New Hampshire’s Institute on Disability (UNH-IOD) reports that the labor force participation for people with disabilities has increased from 25.3 to 27% , it still only represents 3% of the total workforce.”

She goes on to say that, “on July 26, 1990 our nation committed itself to eliminating discrimination against people with disabilities and creating a future in which all doors are open to equality of opportunity, full participation, independent living, integration and economic self-sufficiency for persons with disabilities. Yet that survey reveals that only 3% of the total workers are people with disabilities. As we celebrate the 25th Anniversary of the Americans with Disabilities ACT there is much more work to do and Volunteers of America of Pennsylvania is doing that work.”

On July 1, 2015 the Volunteers of America of Pennsylvania Workforce Development Program officially merged two successful employment programs, Working Order and Project for Freedom, to more effectively support people with disabilities and disadvantages under one comprehensive umbrella of services. “The new Workforce Development Program is expanding our continuum of services while it continues to provide adults the training they need to fill employer and marketplace needs in traditional and self-employment. The new program support will also provide youth with disabilities ages 16-21 who are preparing to transition to adulthood and employment, the curriculum they deserve to meet their employment training needs. The Workforce Development Program will also provide Human Resource Personnel the tools and resources they need to be able to apply best practices when hiring and retaining people with disabilities, says Rubin.”

With continued focus on participants’ needs and vocational interests, the Workforce Development Program is providing comprehensive “one stop shop” services that include assessment and training. Program participants use their personal skills, background, and education to succeed based on opportunity, qualification of skills and expressed interest in their choice of work. Our most recent statistics report increased opportunity for more than 300 individuals with disabilities and disadvantages who have successfully secured and sustained employment and who can better enjoy the independent living, full community participation and economic self-sufficiency expected by the ADA Act.

The unique benefit of the Workforce Development Program is our dedication to matching an individuals’ need for flexibility to the markets’ need for services. We offer scholarships to program participants who do not qualify for traditional benefit funding; find internships and work experience for adult who graduate from our training classes; organize field trips for youth to experience real work requirements; and distribute employer resource toolkits for the hiring personnel who participate in the Employer Education Event. Volunteers of America of Pennsylvania will continue to create systematic change through ongoing partnerships who help to support comprehensive wrap-around services for job seekers with disabilities.

This program model is a prototype for others and is being replicated to help more people. Participation in Volunteers of America’s Workforce Development Program is funded by the Office of Vocational Rehabilitation as well as private funding, grants, trusts, foundations and corporate sponsorships. You and your company can help to make the ADA Act commitment of 25 years ago a true reality by becoming a Workforce Development Program sponsor, donor or angel investor today.

Contact Bonnie Rubin at 412-246-4434 x 201 to make a donation or email us at [brubin@voapa.org](mailto:brubin@voapa.org). [www.voapa.org](http://www.voapa.org).

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Donna M. Baxter is the CEO and WebMistress of Soul Pitt Media, an African American internet marketing and graphic design firm based in Pittsburgh, PA. Founded in 2000, this award-winning company helps individuals, businesses and corporations reach African American consumers through online advertising, print and radio. Former rap artist turned internet Tech Diva, Donna Baxter has gone from "Rhymer to Digital Designer". This "Cool Nerd" explains technology in ways you've never heard all while making it easy to understand, funny, and entertaining and leaving audiences motivated to "Get Online or Get Left Behind!" Find out more about her at www.donnambaxter.com 412-251-8000

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 See our ad on page 45

“That which does not kill us makes us stronger.”  
 — Friedrich Nietzsche”

**Plan ahead to make pets comfortable during the move**

by Dottie Coll

Pets can get stressed during a move, but extra care and consideration can make the transition easier.

According to the National Council on Pet Population Study and Policy, moving is one of the most common reasons a pet is given to an animal shelter and the No. 1 reason why a dog is given away. The lack of knowledge about pet care and relocation often leads to people to leave their pet behind.

The experts at TWO MEN AND A TRUCK® and www.hsus.org offer a few tips to make the move easier for pet owners:

Before the move:

- Remember to update pet's tags and information with the new address and contact information as soon as possible.
- Visit the veterinarian to get a physical and a copy of the pet's medical history.
- Keep pets contained when movers are present and while traveling to prevent injuries or runaway animals.

**Cats:**

- Before and after the move, surround the cat with familiar objects — feeding and water bowls, toys, blanket or bed.
- Gradually introduce them to the new home by restricting them to one or two rooms at first.

**Dogs:**

- Slowly introduced to the new surroundings – dogs should be leashed outside until comfortable with the area.
- Consider arranging a friend or pet sitter to come over for a couple hours a day to ease the dog's anxiety if you are unable to stay home the first few days.

**Fish:**

- Traveling is the most difficult part of the moving process for fish. Place in bags with a mix of new water and clean water from their aquarium – the less the fish are crowded the better. Put rubber bands around the top and place the bags inside a dark, insulated cooler.
- Let the filter run for a few hours before putting fish back in the tank. Try to limit time away from the normal habitat to less than 48 hours.

**Birds:**

- Make sure to use appropriate sized carriers for birds. Cover the bottom with litter. Secure the door with a clip from the outside. Keep cool and protected from the sun.
- Bring a supply of old food and water – gradually switching from old to new supplies.

For more information, call one of our two locations in Allegheny County, TWO MEN AND A TRUCK® 412-881-1111 or 412-259-8777.



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**WHY JOIN NAWBO?**

NAWBO National and its local chapters across the country provide Women Business Owners a variety of opportunities, products or services that will help their business achieve greater visibility, credibility and profitability. For more information about membership opportunities, Go to [www.nawbogreaterpittsburgh.org](http://www.nawbogreaterpittsburgh.org)



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WGF considers all initiatives and programs through the lens of five core values:

- We believe that when women and girls thrive, communities prosper.
- We seek equity for all women without discrimination on the basis of nationality, economic status, class, ethnicity, race, sexual orientation or marital status.
- Our programs and initiatives drive statewide solutions to the problem of gender inequity.
- Empowering girls, as well as women, is central to our mission. We engage young women as donors, activists, and leaders.
- Engaging men as allies, partners, and champions for gender equity is vital for our mission's success.

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Volunteers of America's Workforce Development Program will provide a "one stop shop" for assessment, training, and (re-)integration training to maximize economic competitiveness in the workforce for people with disabilities and those who are socioeconomically disadvantaged have barriers to employment.

In 2015, Volunteers of America combined our two long-standing and successful Pittsburgh employment programs for people with disabilities (Project for Freedom and Working Order) into one comprehensive continuum of service titled Workforce Development Program. We standardized and replicated this more comprehensive employment program which will run in both Pittsburgh and Harrisburg beginning September 14, 2015.



Marty Stahl

Our employment driven education-to-work approach focuses on the needs of the employer or the marketplace and provides the right training to prepare individual candidates for traditional or self workemployment. This umbrella of services We also offers an alternative self-employment path in Pittsburgh with a small business incubator in Pittsburgh to train provide resources for entrepreneurs to be competitive in the marketplace.

The Workforce Development Program is supported by service fees, foundation grants, private contributions and in-kind donations. We serve people who are part of the 12-19% of the general population who report having disabilities and disadvantages, those with challenges to employment, and others who experience long-term dependence on public assistance leaving them socioeconomically disadvantaged. Adult participants are unemployed or underemployed due to military service, a disability, a disease, an accident or another life-changing circumstance. Program participants come from all walks of life, are motivated to work and will be able to demonstrate that their skills and abilities outweigh their disability or disadvantage challenges in the competitive marketplace.

The primary goal of the Workforce Development Program is to address the issue of high unemployment of people with disabilities. We offer motivated individuals the opportunity to become successful, competitively employed workers. This program is uniquely positioned to be a "one stop shop" offering the training necessary to prepare candidates to fill employer and marketplace needs. Our multiple-pronged approach to training is available to individuals based on their needs and desired outcomes. Volunteers of America of Pennsylvania identifies this approach to workforce training and development and our focus on business directed training for adults and youth as a direct pathway to increased, secure and sustainable employment.

Individuals with disabilities and disadvantages often struggle with the inflexible parameters of traditional employment requirements, have limited incomes and lack access to supportive services and resources. Volunteers of America's Workforce Development Program targets three distinct audiences: adults with disabilities and disadvantages; youth (ages 16-21) who have disabilities; and employers. It is our belief that employers need to be part of our target population for training. This approach methodology will help to change predisposed attitudes and prejudices about people with disabilities and those who may be disadvantaged as well as help to modify hiring practices that may exclude very capable and talented individuals who happen to have a disability.

The majorities of participants are referred through the Office of Vocational Rehabilitation (OVR) and are on SSI and/or SSDI. Some referrals are made through our corporate partners, agency, or organization partners and some participants are self-referred.

The process begins with assessment providing baseline soft skills data for each participant and the capability to track progress. The assessment measures multiple skills including reading, listening, math, writing, speaking with relevant items focused on real-life skills and competencies, such as resumes, bills and paychecks. Learners receive immediate feedback that enables them to focus their time and effort on a program best suited to their needs. Outcomes include competitive and self-employment success.

While our community struggles to address the unequal challenges that individuals with disabilities, veterans, and others experience in finding long-term employment, it is more important than ever to support opportunities for employment for all. In July 2015, The U.S Department of Labor Office of Disability Employment Policy reported a 10.4% unemployment rate for people with disabilities—almost twice the 5.4% unemployment rate for people without disabilities. The average unemployment rate for veterans is 4.7%, with 59% of these individuals being over the age of 45. Although the Workforce Development Program does not guarantee each student a position upon completion of the program, we do guarantee that we will actively support our graduates helping students secure employment or launch a business.

Through community outreach, capacity building and plans for service expansion, Volunteers of America of Pennsylvania is committed to providing people in need with the necessary support, skills training, and access to computer technology that lead to individual empowerment, self-sufficiency, and stability.

With help from community donations, Foundations, Grants, Government Funding, family and friends of people with disabilities, we move forward instilling hope for those who have experienced disruption in their life plan and seeking employment for all who can work.

*To donate to or access services in the Workforce Development Program: call 412-246-4434 x 204 or go to [www.voapa.org](http://www.voapa.org) or email [mstahl@voapa.org](mailto:mstahl@voapa.org)*

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The Focus, St. Louis, Missouri, 1904

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## A Cup Of Tea Is A Good Way To Start Your Day



Green tea, black tea, white tea, oolong tea, and pu-erh tea are all derived from the Camellia sinensis plant, a shrub native to China and India, and contain unique antioxidants called flavonoids. The most potent of these, known as ECGC, may help against free radicals that can contribute to cancer, heart disease, and clogged arteries. Anything else (like herbal "tea") is an infusion of a different plant and isn't technically tea.

Why is green tea so good for you? "It's all about the catechin content," says Beth Reardon, RD, a Boston nutritionist. Catechins are antioxidants that fight and may even prevent cell damage. Green tea is not processed much before it is poured in your cup, so it is rich in catechins. Green tea's antioxidants may interfere with the growth of bladder, breast, lung, stomach, pancreatic, and colorectal cancers; prevent clogging of the arteries, burn fat, counteract oxidative stress on the brain, reduce risk of neurological disorders like Alzheimer's and Parkinson's diseases, reduce risk of stroke, and improve cholesterol levels.

White tea: Uncured and unfermented. One study showed that white tea has the most potent anticancer properties compared to more processed teas.

Oolong tea: In an animal study, those given antioxidants from oolong tea were found to have lower bad cholesterol levels. One variety of oolong, Wuyi, is heavily marketed as a weight loss supplement, but science hasn't backed the claims.

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## Did you Know? No Means No

Information obtained from: [www.pcar.org](http://www.pcar.org)

**That** sexual violence is any type of unwanted sexual contact ranging from sexist attitudes and actions to rape and murder. Sexual violence can include words and actions of a sexual nature against a person's will.

A person may use:

- \*force,
- \*threats,
- \*manipulation, or
- \*coercion to commit sexual violence.

**That** there is a social context that surrounds sexual violence. Social norms that:

- \*condone violence,
- \*using power over others,
- \*traditional constructs of masculinity,
- \*the subjugation of women, and silence about violence and abuse contribute to the occurrence of sexual violence.

Oppression in all of its forms is among the root causes of sexual violence. Sexual violence is preventable through collaborations of community members at multiple levels of society-in our homes, neighborhoods, schools, faith settings, workplaces, and other settings. We all play a role in preventing sexual violence and establishing norms of respect, safety, equality, and helping others.

### Greater Pittsburgh Literacy Council

Local men and women gain the educational foundation needed to succeed as workers, parents and neighbors at Greater Pittsburgh Literacy Council. Programs include GED preparation and testing, English as a Second Language, reading, math and computer skills. GPLC also serves children and families through the Family Literacy and OASIS Intergenerational Tutoring programs.

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According to the National Center for Education Statistics, nearly two-thirds of low-income American families do not own any books for their children. RIF Pittsburgh works to fill this critical void in our community by placing more than 70,000 new, quality books into the hands of more than 20,000 of our city's most economically disadvantaged children.

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- Motivational Environments
- Family Involvement

Are you interested in learning more about RIF Pittsburgh? Feel free to contact us!

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## A Girlfriends Getaway is Perfect De-Stress Opportunity

As responsibilities pile on, having "me" time is important to one's health. It helps to know you are not alone. Plan a stress free no-agenda getaway with friends and those you want to get to know better. Expand your circle of guests when planning the getaway. You will find sharing experiences of being women in this society make friendships come fast and natural. Friendly cliques form and lead to discussions that promote ways to support and lift each other up.

Here are five benefits of any girlfriends' getaway:

1. See yourself in others. When women come together in a relaxed atmosphere they share more and are often relieved to find others with similar challenges.
2. Physical Reaction According to a UCLA study, when women spend time with friends, hormonal changes occur from the bond of friendship and from being in a safe environment to share and de-stress.
3. Lifts Burdens. A gathering of women often evolves into significant testimonies resulting in releasing anxieties as sisterfriends listen, understand, and cheer them on.
4. Share Fix It Strategies. "What would you do?" is likely asked and answered more often by a female and you'll get plenty of advice. In a comfortable setting, women offer ways to handle issues and won't hold back in sharing advice on how to handle yours!
5. Take A Way. Reflecting on new approaches to personal and professional challenges equip women with tools of inspiration when time away is over.

"Most of all girlfriends' getaways are fun" states, Connie Portis host of Sisters & Friends Getaway to Martha's Vineyard.

Connie Portis, host Sisters & Friends Getaway

For rates and more details visit [www.sistersandfriends.com](http://www.sistersandfriends.com) email/call Connie Portis host, [caportis@hotmail.com](mailto:caportis@hotmail.com) or 412-400-8809.

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### Did you Know?

That Mastectomy for breast cancer was performed as early as 548 AD, when it was proposed by the court physician Aëtius of Amida to Theodora. She declined the surgery, and died a few months later.

That Female members of the Skoptsy sect in Tsarist Russia also practiced mastectomy as a ritual alongside castration for men, in accordance with their belief that sexual desire was evil

"Grudges are for those who insist that they are owed something; forgiveness, however, is for those who are substantial enough to move on."  
 ~~~ Criss Jami, *Salomé: In Every Inch In Every Mile*

## WRITERS

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*Diana is an author and writer. Her books are for sale at*  
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# WOMEN'S WORK



## Patching Holes

Have a hole in your wall, from nails or a bird that likes to eat walls? Here is a quick easy fix:



\*Get a ready-made drywall patch. Clean up the edges of the hole.

\*Cut or shape the patch carefully to fit the hole. Make sure to leave extra backing all around the patch to attach to the drywall surrounding the hole.

\*Clean and dry the repair area

Apply the patch to the wall and smooth the taped edges with your putty knife.

\*Use a wide-blade putty knife to spread a thin topcoat of joint compound over the area surrounding the repair.

\*Apply a liberal amount of non-shrink joint compound with a putty knife. (a wide knife works best)

\*Smooth the compound with the putty knife. Pull the blade toward you in one steady, smooth motion

\*Let the patched area dry thoroughly before applying additional coats or sanding.

Once the compound is dry, lightly sand the area smooth using drywall sandpaper attached to a drywall sander. If there are large blobs or strips, shave these off with the putty knife first. You want to create as little dust as possible.

Hide minor imperfections with an ultra-thin topcoat of joint compound. Apply this topcoat over pin holes or hairline cracks as if you were trying to scrape it all off with your knife without leaving any behind. With experience, this step can often be accomplished without additional sanding.

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### Tool Maintenance



Storing and cleaning your garden tools properly will prolong their life and will in fact, save you money. When spring comes, which can't be too soon, the tools will be ready for use, no need to spend time cleaning off the dirt from last year.

\*First thing to do is hose off any excess dirt, pry it off of needed. Pruners and loppers may need debris removed from pivot points. Sap can be cleared off with steel wool or rubbing alcohol-make sure to let the tools dry thoroughly.

\*File off any chips or dents on the working edge of shovels, spades and trowels with a coarse file, then smooth with a honing tool or fine file. Remove any rust with steel wool.

\*Sharpen bladed tools by following the original angle of the blade's bevel, using a diamond honing tool. If your blade is very dull or chipped you'll need to start with a coarse honing tool, then progress to a medium and fine tool.

\*If wood handles are rough, sand smooth, then rub with linseed oil. Keeping your wood-handled tools oiled in winter will keep them from splitting and cracking in the dry air of winter.

\*Now that your tools are ready for storage, coat the metal parts lightly with vegetable oil or WD-40 and store in a dry place. In spring they'll be clean, sharp and ready to go!

## PENNSYLVANIA CAMPAIGN for WOMEN'S HEALTH

The Campaign for Women's Health is a coalition of organizations and individuals calling for an end to ideological politics trumping common-sense policy solutions in Pennsylvania.  
www.pa4womenshealth.org

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### CENTER FOR ORGAN RECOVERY & EDUCATION

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In addition to supporting families during the grieving process and talking with them about the opportunity to donate, the agency also notifies the organ transplant team and coordinates the surgical recovery of organs, tissue and eyes. CORE also is responsible for facilitating the computerized matching of donated organs and placement corneas.

Each of the 155 hospitals in CORE's designated region serves as a referral site for potential donors. Five of those hospitals also perform life-saving organ transplants.

CORE offers a variety of educational programs tailored to meet the needs of the general public, corporations and healthcare professionals. For additional information or to schedule a program, call CORE at 800-DONORS-7.

If you are not already a donor and wish to do so, please visit [www.donatelife-pa.org](http://www.donatelife-pa.org) to sign up. It only takes a few moments and could mean so much to someone waiting.

### INFLAMMATORY BREAST CANCER

**Inflammatory Breast Cancer** is a unique and uncommon type of breast cancer. It does not produce a distinct mass or lump that can be felt within the breast. The lack of a lump or mass also makes inflammatory breast cancer difficult to detect by mammograms.

Symptoms may include:

- One breast larger than the other
- Red or pink skin
- Swelling
- Rash (entire breast or small patches)
- Orange-like texture (peau d' orange)
- Skin hot to the touch
- Pain and/or itchiness
- Ridges or thickened areas of breast
- Nipple discharge
- Nipples that appear inverted or flattened
- Swollen lymph nodes under the armpit
- Swollen lymph nodes of the neck (sometimes)

If one or more symptoms continue for more than a week talk to a physician with experience with this particular type of breast cancer.

### LUPUS FOUNDATION OF PENNSYLVANIA

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Website - [www.lupuspa.org](http://www.lupuspa.org)

Mission Statement

To promote awareness, education, service and research for those affected by lupus.

Lupus is a chronic, inflammatory disease that can affect any and/or all parts of the body. In this autoimmune disease, the healthy tissues are attacked by an immune system that has gone awry. Also known as Systemic Lupus Erythematosus, there is currently no know cause or cure for it. BUT there is treatment.

Lupus may occur in males or females at any age, but young women between the ages of 15 and 45 are most likely to develop it. African American, Hispanic, Asian and Native American women have the greatest incidence. Between 1.4 to 2 million people have been diagnosed with lupus the United States. Lupus can be difficult to diagnose because the symptoms can come and go and often mimic other illnesses.

Symptoms include:

- Chronic achy and/or swollen joints
  - Unexplained low grade fevers
  - Prolonged or extreme fatigue
  - Skin rashes
  - Anemia (low red or white blood count or platelet count)
  - Kidney problems
  - Chest pain on deep breathing (pleurisy)
  - Sensitivity to the sun
  - Hair loss
  - Mouth or nose ulcers
  - Sensitivity of fingers or toes to the cold
- Although lupus can range from mild to life threatening, the majority of case can be controlled with proper treatments

### OVARIAN CANCER RISK FACTORS

#### Risk Factors

- Genetic predisposition
- Personal or family history of breast, ovarian or colon cancer
- Increasing age
- Undesired fertility

- Early detection increases survival rate of early stage disease.
- A Pap Smear DOES NOT detect ovarian cancer

#### Facts

- All women are at risk.
- Symptoms do exist and can be extremely vague yet increase over time.

**National Ovarian Cancer Coalition**  
[www.ovarian.org](http://www.ovarian.org)  
1-888-OVARIAN

### SIGNS AND SYMPTOMS OF A HEART ATTACK

As a woman you may experience the classic chest pains associated with heart attacks in men. It is more likely you will have less obvious warnings. Seek help fast—call 9-1-1—with more than one of these symptoms:

- Shortness of breath
- Pain in the abdomen, back, jaw or throat
- A general sensation of uneasiness-just feeling sick
- Unexplained anxiety
- Palpitations, cold sweat or paleness
- Chest discomfort, lasting more than a few minutes or recurring
- Chest discomfort, with light headedness
- Fainting, sweating, nausea or shortness of breath

On The Cover

**TERESA CONN:**  
**HEAD COACH AND CO-OWNER OF THE PITTSBURGH PASSION WITH FRANCO HARRIS.**



Teresa has received many honors over her lifetime coaching and playing career. Most recently her team won 2014 and 2015 back to back World Championship competing against teams across the country and Canada. In 2013 she was elected as Pittsburgh's Wise Woman of the Year, 2012 Dapper Dan Sportswoman of the Year was presented to Pittsburgh Passion, the biggest award in 2011 she has been named owner of the year. Many others along the way but mentioning the most recognized she was inducted into Heinz History Center Minor Pro Football Hall of Fame, becoming only the 3rd woman in history to be inducted.

Teresa started her career a high school teacher and varsity coach for 16 years.

Her "passion" in life is teaching life lessons through sports, but she does not stop at sports alone. Her topics include Character Education and Lifetime Wellness Coach. Her Character Education program provides examples of how to apply loyalty, respect, honesty, hard work, accountability and leadership in every day life as well as team activities. The qualities that will build a successful sports team are the same that build successful companies, families, friendships and all "teams" in life.

Read more about Teresa Conn at :  
[www.womensindependentpress.com](http://www.womensindependentpress.com)

**NIKKI NARVAEZ MANNs,**  
**NIKKI'S MAGIC WAND**



Ms Manns is a native of Philadelphia found her way to Pittsburgh to attend college to start her business major. After school, she began a career with the federal government as a compliance officer and then moved on to Corporate America to work in Human Resources. Nikki was chatting with her college friend, lamenting how she'd just purchased a tube of lip-gloss two weeks prior and could no longer get another drop out because the applicator wouldn't reach the left-over make-up.

She said," I should invent something to get this out!" Her friend replied, "You should and it's called Nikki's Magic Wand." The journey began.....After many phone calls to patent and business attorneys, design consultants and manufacturers, Nikki could have cried when she first held the "Wand" in her hand. A mere thought was now a product!

Nikki's Magic Wand was first available to the public in December 2012 and Nikki and her friend from that fateful day are now business partners and distributing Nikki's Magic Wand out of Pittsburgh, PA.

Nikki's Magic Wand has gone on to be featured in many magazines and tv spots and sold out on QVC in June 2015

**JOANN CUSUMANO SCIULLI**  
**CUSUMANO INSURANCE**



The insurance business has always been an integral part of Joann Cusumano Sciulli's life. After graduating from Indiana University of Pennsylvania with a degree in Business Management/Marketing, Joann joined her father in the Cusumano Insurance Agency. She is proud to be the second generation of this family insurance business that has been "women" owned since 1983. She has been involved in all aspects of the agency for the past thirty-eight years. Joann is the COO and oversees both the commercial lines and accident/health departments in production, underwriting and customer service. Automation and financial responsibilities are also within her scope of management. Although Joann has seen many changes within this industry, the one thing that remains steadfast is her agency's commitment to their clients.

Joann has her professional designation of Accredited Advisor in Insurance (AAI). She actively seeks educational courses that enable her to address changes within the industry.

Throughout the years, she has contributed active roles to the various insurance companies' Agent's Advisory Councils. She currently sits on the Member Advisory Panel for the Independent Insurance Agents of PA and is on the Board of Directors for the Insurance Club of Pittsburgh. Joann was honored in 2014 with the "Women of Achievement" award presented by Celebrate & Share. She is also active in the Women of Southwestern PA, a non-profit based in the South Hills of Pittsburgh, who support the needs of local women and children.

Joann resides in Upper St. Clair with her husband, Michael. She has two children, Teresa and Michael.

On The Cover

**LEAH BAKER FOWLER, THE BOSS  
CUPCAKES MOST WANTED**



Eleven-year-old Leah Baker Fowler is a bright and energetic Pittsburgh elementary school student who loves baking.

She comes from a long line of entrepreneurs and in January of 2014, decided to continue her family tradition and started a home-based business.

She jumped right in and named her company “Cupcakes Most Wanted,” and the rest is history.. Some of her clients include: Girls Coalition of Southwest PA, G&S Counseling Services and the Thelma Lovette YMCA to name a few. Cupcakes Most Wanted is a sought after brand.

She has been asked to speak by organizations such as Girls Coalition of Southwest PA and Food for Thought, a mentoring program which explores cooking, health, justice, and possible careers all through food related activities to share her story of entrepreneurship

She will tell you that her “secret ingredient” that distinguishes her cupcakes for all others is LeahLOVE. She says, “That’s what makes them taste so good

**JOYCE FAULKNER  
RED ENGINE PRESS**



Ms Faulkner is an author, co-author, ghostwriter, book designer, graphic artist, and publisher. She has been writing for over fifty years and has received numerous awards and recognitions for her work.

She has published in a variety of genres including creative non-fiction, humor, technique, history, historical fiction, and thrillers. She first studied writing as an art form at the University of Arkansas in 1966.

She holds degrees in Engineering Science, Chemical and Petroleum Engineering, and has an MBA. Her business experience in the natural gas industry includes many years as an engineer, supervisor of Gas Supply, and Manager of Information Services. She ended her career as Director of eCommerce for Consolidated Natural Gas.

She has also been part-owner of Red Engine Press for more than a decade and is a former President of Military Writers Society of America.

**LATOYA JOHNSON-RAINEY  
HAIR BOUTIQUE SHADYSIDE**



LaToya Johnson-Rainey is the owner of A Hair Boutique Shadyside, a premium experience wig shop with the mission of Just Be Beautiful: Restoring Confidence & Empowering Women. After working with her family beauty supply business “Sisters”, she realized there was a niche for an intimate place where women could shop for wigs and learn about wig care.

LaToya’s passion for beauty started at a young age from her mother who was a hair stylist at a salon in Shadyside. She loved watching the transformation in women’s attitudes after they looked better.

In high school LaToya was in the Business and Finance program where she participated in many entrepreneur programs. Following high school she went to Community College to study social work but a year into her studies at the age of 18 she was in a horrible car accident that took the life of her mother. LaToya was badly burned and broken which left her in hospitals and rehabs for six months. Her hair was burned on the right side; then she was introduced to wigs and hair weave. She learned firsthand how they could help build confidence and make you like your outer appearance more.

LaToya has earned a MBA in Business Innovation & Administration from Carlow University, and a BS in Business Communications from the University of Phoenix.

In the fall of 2014 LaToya released her first published book The Hair Commandments (The Shalls & Shall Nots of Weaves, Wigs, and Naturals).

**On The Cover**

**BERNADETTE COLLINS  
PRUDENTIAL INSURANCE**



Bernadette Collins stands at the forefront of the financial services industry.

Throughout her 14 year tenure as a Financial Professional she has built a reputation for developing strategies to assist individuals, flies and business owners in meeting their financial needs.

Her 20 year career as an Estate Planning Paralegal enables her to utilize a unique set of skills for an individualized holistic approach in achieving goals.

Bernadette has a Paralegal Certification from Pennsylvania State University and a B.S. from Duquesne University. She also holds a LUTCF designation from the American College of Financial Services

**CARMELLA WEHRLE  
NOTARY IN YOUR NEIGHBORHOOD**



Notary in Your Neighborhood is a full-time mobile notary business designed to travel to your location whenever you need a document notarized for yourself, your business, a client or a loved one. Carmella Wehrle and a team of notaries travel throughout Allegheny County and the surrounding areas providing Mobile Notary Service at your convenience. Their top priority is efficiently meeting your scheduling needs.

Carmella's other passion is Corporate Workability working with authors, speakers and other professionals to identify their individual needs and determine how her expertise and abilities can grow their income. Carmella is an excellent public speaker with outstanding interpersonal skills. From the first time you meet her, her effervescent energy and assurance will capture your trust. Carmella has a loyal client base who values her expertise in creative cost-saving implementation and program management.

She has a passion for developing and growing new business and takes a personal interest in seeing her clients succeed. Carmella is sought after for her creativity and energy as well as her cost-saving delivery and superior performance

**DANIELLE HOWARD  
STATE FARM**



Danielle Howard Graduated from Hampton University, Virginia in 2000 with a Bachelor of Science in Entrepreneurship, she joined the Grace Robinson Insurance Agency as Marketing Coordinator. Danielle is licensed by the Pennsylvania Insurance Commission to write Auto, Life, Health, Property and Casualty Insurance. She is also certified to sell State Farm Bank Products.

Danielle twice received a Special Achievement Award from State Farm (2001 and 2002) for Volunteer Activity. In 2003, Danielle, while still maintaining her position as Vice President of Sales and Marketing for the Grace Robinson Insurance Agency, decided to expand her professional capabilities and began a career in real estate with Northwood Realty. Her energy, enthusiasm and marketing ability quickly led Danielle to establish herself in real estate. She has been the Recipient of the Monthly Office Sales Leader Award and Office Listing Leader Award multiple times by Northwood Realty. In 2009 Danielle joined the Northwood Realty Excellence Honor Circle for a Million Dollars in sales.

On February 1, 2015 Ms Howard opened her own State Farm Insurance Agency in Forest Hills on Ardmore Boulevard.

Danielle Howard serves as Executive Director Tomorrow's Future, Inc., a mentoring, entrepreneurial and job training program for teens. The organizations that she volunteers her time to are ones that are dedicated to empowering women and minorities. Since graduating from Hampton University in 2000 she has been an ardent volunteer.

# Women's Words



**Consequence**  
**Pat McGrath Avery**

Murder and greed always have consequences. Michaela stood by her brother as he was gunned down on a street corner. She flees to South Padre Island, Texas, knowing the killer is looking for her. In a failed robbery attempt, Betty's newly found half-brother kills her friend and coworker. She buries herself in depression and shame. Through Hap Lynch, a retired Kansas City cop, the two women become friends. Can friendship and good intentions overcome the consequences of violence and deception?.

Available on Amazon and through Ingram



**Here's Your Script! Keep Your Foot Out of Your Mouth and Your Butt Employed**  
**Nicole Narvaez Manns**

This is a valuable resource that helps employees address many of the common situations faced in the workplace. It is your blue print for what to say in those critical moments that could be the difference between employment and unemployment.

Author Nicole Narvaez Manns, Professional in Human Resources, helps readers hone their filter skills and still get their point across in many uncomfortable professional situations.

The book can be purchased at [Nicole@nicolenmanns.com](mailto:Nicole@nicolenmanns.com), Amazon.com, barnesandnoble.com



**Someday I'll Fly**  
**Rebecca Evans**

In 1943, during World War II, ordinary little girls are expected to learn to cook, sew, and play with dolls. But Pam wants to do more, to be more-to help her brother and all the other soldiers. When Pam meets the Women's Air Force Service Pilots, she discovers exactly what she wants to be when she grows up. She even begins to build her very own plane. But when her friend becomes sick, Pam has to decide what is most important to her.

An adaptation of WINDSHIFT by Joyce Faulkner, Written and Illustrated by Rebecca Evans, ©2014 Rebecca Evans, Red Engine Press---Available on Amazon and from Ingram



Dalel Khalil is a Syrian-American who survived, what she calls, THE REAL WAR ON TERROR – living in the cross-fire of the conservative Arab and liberal American cultures. With one foot in Syria, and the other in Pittsburgh, Dalel can twirl both the mesbaha (Arabic dancing beads) and the Terrible Towel, with equal ease.

And she wears her battle scars, proudly. Books can be purchased at: [www.dalelkhalil.com](http://www.dalelkhalil.com)

**L**

Explore the Business Library's Resources for Women in Business.

**Want to know more? Ask a Librarian!**

Programs are held at Carnegie Library Downtown & Business

612 Smithfield St., Downtown on

Thursdays at 12:15 pm. They are free and open to the public: Phone 412-281-7141.

Library Hours are Monday - Thursday, 8:30 am - 6:00 pm & Friday, 8:30 am - 5:00 pm.

## Womens Organizations



### WOMEN AND GIRLS FOUNDATION

Will Work for Equality  
425 Sixth Avenue, Suite 1860, Pittsburgh, PA 15219  
412-434-4883  
wgfpa.org

WOMEN AND GIRLS  
FOUNDATION  
WILL WORK FOR EQUALITY

### GOLD STAR WIVES OF AMERICA, INC.

1-888-751-6350  
info@goldstarwives.org  
goldstarwives.org  
PO Box 361986, Birmingham, AL 35236  
Gold Star Wives Of America, Inc. is a non-profit organization of military widows/widowers whose spouse died while on active duty in the U.S. Armed Forces or from service-connected disabilities. This military survivors' organization has been serving war widows/widowers from all conflicts and service-connected disabilities since it was founded in 1945; a federal charter was received from Congress on December 4, 1980 under Public Law 96-497. There are currently 10,000 members nationwide, with over 60 active chapters including a chapter in Pittsburgh, PA. For more information, please contact us at info@goldstarwives.org or call 1-888-751-6350. Gold Star Wives of America, Inc. has a 501 (c) 4 status with the Internal Revenue Service.

### LEGAL RESOURCES FOR WOMEN

Legal Services - Legal Resources for Women (LRW)  
Phone: 412-255-1246 Web: www.ywcapgh.org  
Services include: reduced rate attorneys, referral law line services, individual legal consultation. LRW also holds an educational seminar entitled, "Second Tuesday: What Every Woman Needs to Know About Divorce" addressing the legal, financial, and emotional aspects of divorce

### NATIONAL ASSOCIATION OF WOMEN BUSINESS OWNERS (NAWBO)

Phone: 412-828-7891  
info@nawbopittsburgh.org / www.nawbopittsburgh.org

### MERCER COUNTY COMMISSION FOR WOMEN

103 Courthouse Mercer, Pennsylvania 16137  
724-662-3800; FAX 24-662-1530  
An advocacy agency for Mercer County women

### GIRLS COALITION OF SOUTHWESTERN PENNSYLVANIA

The Girls Coalition of Southwestern Pennsylvania is an emerging network of providers, funders and community leaders who are dedicated to improving the lives of girls in our region. The Coalition brings together people and resources to educate, advocate and network on behalf of girls, but does not provide direct services to girls. It is governed by a Steering Committee that meets monthly. See www.girlscoalitionswpa.org for more information.

### CODEPINK

Women for Peace  
codepinkforpeace@yahoo.com  
Phone: 412-389-3216  
Codepink is a women initiated grassroots peace and social justice movement. Through creative and unique forms of protest and lobbying, codepink is working to end the war in Iraq, stop the culture of militarism in United States, and redirect our resources into healthcare, education, and other life affirming activities.

### YWCA GREATER PITTSBURGH

305 Wood Street  
Pittsburgh, PA 15222  
Phone: 412-391-5100  
Website: www.ywcapgh.org

Email: ywca@ywcapgh.org

The YWCA Greater Pittsburgh strengthens our community by creating and advancing opportunities for all women to seek equality and self-sufficiency. Last year, the door of opportunity was opened for over 43,000 Allegheny County women and families through such YWCA programs as child care, child-care training, children and teen programs, health education, housing, and anti-racism and cultural competency training.

### BETHLEHEM HAVEN

412-316-5623 x228  
Bethlehem Haven is a 501(c)3 non-profit organization providing a number of services including emergency shelter; transitional housing; medical, dental, obstetrics and mental health services; as well as employment services to women in the Pittsburgh area. The Haven also provides some medical, mental health and employment services to non-residents, including homeless men. Over the past 25 years, Bethlehem Haven has provided shelter to thousands of homeless women for over 9,000 consecutive nights. To visit the facility and tour the Haven first-hand, please contact Caroline Woodward, Director of Development and PR, at cwoodward@bethlehemhaven.org or 412.316.5623x228.



### WOMEN'S INTERNATIONAL LEAGUE FOR PEACE AND FREEDOM

Phone: 412-521-7187  
www.wilpf.org  
The Women's International League for Peace and Freedom (WILPF) is the oldest and largest international women's peace organization, working for world disarmament, full rights for women, racial/economic justice; an end to all forms of violence, oppression and discrimination. WILPF is represented in 40 countries and more than 100 US communities. The local branch is now concentrating on counter-recruitment and planning to bring the Eyes Wide Open exhibit (boots of soldiers who died in Iraq) to Pittsburgh working with the American Friends Service Committee. Meetings second Monday of the month 7pm. Everybody welcome. Edith.bell4@verizon.net

### Dress for Success

Dress for Success Pittsburgh promotes the economic independence of disadvantaged women by providing professional attire, a network of support, and the career development tools to help women thrive in work and life. We have locations in downtown Pittsburgh, Uniontown, and Washington County and will assist more than 3,000 women in SWPA in 2013.

Dress for Success Pittsburgh provides: Professional Clothing Assistance: For women referred to us for interview and employment clothing

Professional Women's Group: A job retention program that encourages professional and personal growth through educational workshops and networking. Career Center: Provides women with resources to conduct a comprehensive job search.

We invite you to get involved as a volunteer, mentor, speaker or committee member. You can help through hosting clothing or fundraising drives, recruiting a group of volunteers to sort clothes in the boutique or mentoring a PWG member. Gently worn women's work attire and accessories are greatly appreciated.

Dress for Success Pittsburgh

Warner Centre 332 Fifth Avenue 5th Floor, Pittsburgh PA 15222

412-201-4204 - pittsburgh@dressforsuccess.org -

www.dressforsuccesspgh.org

## Womens Organizations

Join NOW at

<http://www.now.org/support.html>



**We Want It All.  
NOW.**

*And Together We Can Make  
Equality a Reality  
NOW is the largest, most  
comprehensive feminist  
advocacy group in the United  
States. Our purpose is to  
take action to bring women  
into full participation in  
society - sharing equal rights,*

*responsibilities and opportunities with men while living free  
from discrimination.*

1100 H Street NW, 3rd floor  
Washington, D.C. 20005

Phone: (202) 628-8669 (628-8NOW)

Fax: (202) 785-8576

TTY: (202) 331-9002

Email: [now@now.org](mailto:now@now.org)

### WOMEN'S PRESIDENT'S ORGANIZATION

The WPO is a non-profit membership organization for women presidents of multimillion-dollar companies. Members of the WPO take part in professionally-facilitated peer advisory groups in order to bring the "genius out to the group" and accelerate the growth of their businesses.

## PENNSYLVANIA Center for Women and Politics

AT CHATHAM UNIVERSITY

Pennsylvania Center for Women and Politics  
Chatham University  
Woodland Road  
Braun Hall  
Pittsburgh, PA 15232  
[pcwp@chatham.edu](mailto:pcwp@chatham.edu)  
Phone: (412) 365-1878  
Fax: (412) 365-1515

**"To increase women's influence and leadership in public life in Pennsylvania and improve the quality of women's lives by providing them with educational and training opportunities in politics and public policy.**

### Amnesty International - Greater Pittsburgh Area

Our Mission

AI's mission is to undertake research and action focused on preventing and ending grave abuses of the rights to physical and mental integrity, freedom of conscience and expression, and freedom from discrimination, within its context of its work to promote all human rights. General Inquiries: [amnestyppgh.org](http://amnestyppgh.org)

### Women for Women

International supports women in war-torn regions with financial and emotional aid, job-skills training, rights education and small business assistance so they can rebuild their lives.

[www.womenforwomen.org](http://www.womenforwomen.org)

Check out this site and find ways to assist women world wide.

### MRS. CLAUS CLUB

We provide comfort baskets to local women who are fighting the battle against cancer. By networking with local cancer treatment centers, pharmaceutical representatives and local doctors, we are able to obtain the newest creams, mouth care and lip treatments on the market.

Our baskets include a recipe book written for cancer patients as well as many inspirational items. If the woman needs a wig, a gift certificate is included so they may have one custom made.

When battling cancer, even on "good days" the mirror will give a woman a painful reminder of their struggle. Our basic goal is to make sure they realize they are not alone and to provide some sense of normalcy during this difficult time, even if only cosmetic.

[www.mrsclausclub.org](http://www.mrsclausclub.org)

[mrsclausclubnorth@gmail.com](mailto:mrsclausclubnorth@gmail.com)

PO Box621

Allison Park, PA 15101



### Did you Know?

**Women's entrepreneurship is on the rise, according to preliminary data from U.S. Census Bureau, which shows that women are increasingly becoming small business owners. U.S. business ownership rose 27.5 percent for women, and overall, America added one million net, new businesses from 2007 to 2012, a period in which U.S. employment fell by 3.8 million**



## Helplines

### ALLEGHENY COUNTY DEPARTMENT OF HEALTH SERVICES

(412) 473-2000

Office of Children, Youth and Families

To report child abuse and neglect locally

(412) 350-4457

Office of Behavioral Health

Number to call for information about mental health commitments to the hospital

Satellite Numbers:

NORTH (412) 373-HELP (4357)

SOUTHWEST (412) 343-HELP (4357)

WEST (412) 787-HELP (4357)

NORWIN (724) 864-HELP (4357)

SOUTHEAST/MON Valley (412) 469-9999

### AMERICAN LUNG ASSOCIATION

Wexford Professional Building II, Suite 2104

11676 Pwerry Highway

Wexford, PA 15090

Phone: 724-933-6180

Fax: 724-933-6183

www.lunginfo.org

### WOMEN OF COLOR SUPPORT GROUP

1153 Sperling Drive

Pittsburgh, PA

Joyce Harvey

Phone: 412-244-9321

### CENTER FOR VICTIMS OF VIOLENCE AND CRIME

900 Fifth Avenue

Pittsburgh, PA 15219

Phone: 412-392-8582 (24 hour Helpline)

Phone: 412-350-1975 (Administration)

Fax: 412-350-1975

www.cvvc.org

information@cvvc.org

*The Center for Victims of Violence and Crime (CVVC), a leading service provider in Allegheny County for more than 30 years, is one of the oldest and largest comprehensive crime victim assistance agencies in the region. CVVC's mission is "Helping individuals, families and communities survive the trauma of violence and crime by offering victim advocacy services, crisis intervention, counseling and community education programs that address the causes and impacts of violence." CVVC provides confidential, critical services to women, men, and children impacted by all forms of violence and crime including, but not limited to, adult and child sexual assault, physical assault, child abuse, elder abuse, homicide, robbery and burglary. We also offer education, intervention and prevention programs to individuals, schools and the community which promote peace and violence-free lifestyles.*

### CHILDLINE CHILD ABUSE REGISTRY

To report child abuse and neglect at the state level

(800) 932-0313

### CONTACT PITTSBURGH

(412) 820-4347

Student and Young Adult Line

Supportive listening, crisis intervention, referrals for teens and young adults (412) 820-HELP

### DOMESTIC VIOLENCE

LOCAL

Alle-Kiski Area Hope Center (724) 224-4673

Center for Victims of Violent Crime (412) 392-8582

Crisis Center North (412) 364-5556

Women's Center & Shelter (412) 687-8005

Womanspace East, Inc (412) 765-2661

Womansplace Inc (412) 687-4616

### KIDSLINE PHONEPALS

(800) 578-5100

Reassurance line for children who may be home alone,

Monday - Friday; 3-7 pm

### MENTAL HEALTH/DRUG & ALCOHOL SERVICES

(888) 424-2287

Allegheny County Emergency Services (ACES)

Telephone crisis intervention service hotline and access to mobile mental health services for children, adolescents and adults

### NATIONAL CHILD ABUSE HOTLINE

(800) 422-4453 ChildHelp USA

National Referral Network for Kids in Crisis

(800) Kid-Save

(800) 543-7283

National Runaway Switchboard (800) 621-4000

National Hopeline Network (800) 442-4673

National Youth Crisis Line (800) Hit-Home

### NATIONAL DOMESTIC VIOLENCE HOTLINE

(800) 799-7233

National Victim Center

FYI-CALL (800) 394-2255

### PITTSBURGH ACTION AGAINST RAPE

81 South 19th Street

Pittsburgh, PA 15203

Phone: 412-431-5665

### PENNSYLVANIA COALITION AGAINST DOMESTIC VIOLENCE

6400 Flank Drive, Suite 1300

Harrisburg, PA 17112

Main Phone: (800) 537-2238

Crisis Hotline: (888) 424-2287

### SHELTERS FOR FAMILIES

Salvation Army

Family Crisis Center (412) 394-4817

Community Human Services Cold Weather Shelter

Open only in emergency cold weather shelter (412) 621-4706

### SHELTERS FOR HOMELESS/RUNAWAY YOUTH

#### THREE RIVERS YOUTH

The Loft

For girls only, Wilkesburg (412) 243-5638

#### THREE RIVERS YOUTH

The Safety Zone

Drop in center for runaway youth, truancy

#### Abatement Center, for boys or girls

Downtown Pittsburgh (412) 255-0823

## LOOK BENEATH THE SURFACE

The person you have encountered may be a victim of human trafficking.

The National Human Trafficking Resource Center can help you determine if- you have encountered victims of human trafficking- identify local resources available to help victims-and coordinate with local social service organizations to assist victims so they can begin the process of restoring their lives.

The following clues may help you identify a possible trafficking victim:

- Accompanied by a controlling person or boss; not speaking on his or her own behalf
- Lack of control over personal schedule, money, I.D., travel documents
- Transported to or from work; lives and works in the same place
- Debt owed to employer/crew leader; inability to leave job
- Bruises, depression, fear, overly submissive
- 

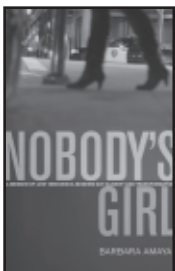
These Questions may help you identify a trafficking victim:

- What type of work do you do?
- Are you being paid?
- Can you leave your job if you want to?
- Can you come and go as you please?
- Have you or your family been threatened?
- What are your working and living conditions like?
- Where do you sleep and eat?
- Do you have to ask permission to eat/sleep/go to the bathroom?
- Are there locks on the doors/windows so you cannot get out?
- Has your identification or documentation been taken from you?

Many victims may be afraid to talk to you. Do not try to take care of the situation on your own.

*If you think someone is a victim of human trafficking call the National Human Trafficking Resource Center 1 888 3737 888 to obtain information and to access supportive services for the victim*

[www.acf.hhs.gov/trafficking](http://www.acf.hhs.gov/trafficking)



**Sexual abuse, human trafficking, drug addiction, rape, prison, and domestic violence— Barbara Amaya experienced it all on the streets of New York, most of it before her sixteenth birthday. In *Nobody's Girl* she shares her journey from trafficking victim to human rights advocate, weaving together a story of loss, pain, courage, and transformation. Books can be purchased at: [www.animalmediagroup.com/shop/nobodys-girl/](http://www.animalmediagroup.com/shop/nobodys-girl/)**

### When living alone is no longer safe...we're here for you!

Did you know? Currently there are about 2 million people age 65 and older in the state of Pennsylvania. That number is growing daily as we are living longer! Aging adults and their families need to begin to be proactive and think about their futures.

We support, provide guidance and sound advice at no cost to help aging adults and their families

If you or a loved one is finding it to become a challenge to live on your own or is faced with a health crisis we would love to help! Call us today for a free absolutely no obligation consultation. Please Call 412-257-2515 or visit our website [www.patriarchplacement.com](http://www.patriarchplacement.com)

## Helplines

### FAMILYLINKS

Downtown Outreach Center (412) 471-6160

### SHELTERS FOR SINGLE MEN OR WOMEN

(412) 664-9168

Community Human Services

Wood Street Commons

YWCA McKeesport

Single Room Occupancy

### SHELTERS FOR SINGLE MEN ONLY

East End Cooperative Ministry (412) 362-6854

Northside Common Ministries (412) 321-4272

Light of Life Ministries (412) 321-4272

### SHELTERS FOR SINGLE WOMEN ONLY

Bethlehem Haven (412) 391-1348

### UNITED WAY HELPLINE

(412) 255-1155

24 hour access to information & referrals to health and human service agencies and support groups, crisis intervention.

Founded in 1919, Zonta International is a global organization of executives and professionals



working together to advance the status of women worldwide through service and advocacy. Zonta members volunteer their time, talents and money to local and international service projects, as well as scholarship and award programs aimed at furthering women's education, leadership and youth development.

There are currently over 32,000 members in more 1,200 Zonta Clubs which operate in 67 countries and geographic areas.

Website: [www.zonta.org](http://www.zonta.org)

ZONTA CLUB OF PITTSBURGH

Blog: <http://zontaclubofpittsburgh.blogspot.com>

E-mail: [pittsburghzonta@gmail.com](mailto:pittsburghzonta@gmail.com),

ZONTA THREE RIVERS PITTSBURGH NORTH

Website: [www.zontathreeriversnorth.com](http://www.zontathreeriversnorth.com);

E-mail: [zonta3rn@zontathreeriversnorth.com](mailto:zonta3rn@zontathreeriversnorth.com)

ZONTA CLUB OF WASHINGTON COUNTY

Website: [www.zontaclubwashingtonpa.org](http://www.zontaclubwashingtonpa.org)

E-mail: [zontawashpa@yahoo.com](mailto:zontawashpa@yahoo.com)

### Protection From Abuse Office

Family Division

440 Ross Street

Pittsburgh, PA 15219

412-350-4441

## Women and Politics

### ALLEGHENY COUNTY DIVISION OF ELECTIONS

542 Forbes Avenue, 6th Floor

Pittsburgh, PA 15219

Phone: 412-350-4500

[www.county.allegheny.pa.us](http://www.county.allegheny.pa.us)

### LEAGUE OF WOMEN VOTERS OF GREATER PITTSBURGH

425 Sixth Avenue, Suite 1490

Pittsburgh, PA 15219

Phone: 412-261-4284

[www.pgh.net/~lwvwp](http://www.pgh.net/~lwvwp)

A great resource, lists all elected officials and has information on election dates, regulations, etc.

### PENNSYLVANIA BUREAU OF ELECTIONS

North Office Building, Room 304

Harrisburg, PA 171

Phone: 717-787-5280

[www.dos.state.pa.us](http://www.dos.state.pa.us)

### RUN, BABY, RUN

[www.run-baby-run.com](http://www.run-baby-run.com)

*Run, Baby, Run is a one day workshop that teaches people how to run for local office in Western PA. Gloria Forouzan created the workshop in 2004 and since that time has held three workshops and trained over 150 people. In 2005 Run, Baby, Run became the rallying cry for women candidates running for PA's State Legislature in 2006. For information please see: [www.run-baby-run.com](http://www.run-baby-run.com)*

### 'USE YOUR VOICE'

[www.duquesnelight.com](http://www.duquesnelight.com)

*Published by Duquesne Light, lists all of Allegheny County's elected officials, from the Federal to the Pittsburgh City Council level.*

### WOMEN'S INTERNATIONAL LEAGUE FOR PEACE AND FREEDOM

Phone: 412-521-7187

[www.wilpf.org](http://www.wilpf.org)

*The Women's International League for Peace and Freedom (WILPF) is the oldest and largest international women's peace organization, working for world disarmament, full rights for women, racial/economic justice; an end to all forms of violence, oppression and discrimination. WILPF is represented in 40 countries and more than 100 US communities. The local branch is now concentrating on counter-recruitment and planning to bring the Eyes Wide Open exhibit (boots of soldiers who died in Iraq) to Pittsburgh working with the American Friends Service Committee. Meetings second Monday of the month 7pm. Everybody welcome. [edith.bell4@verizon.net](mailto:edith.bell4@verizon.net)*

### Women Against Abusive Relationships (WAAR)

Roxanne E. Epperson  
Executive Director/Founder  
Nurture Clubs, Inc.  
PO Box 86038  
Pittsburgh, PA 15221-1970

Office: 412-818-3225  
Fax: 412-243-7571  
[waarheals@yahoo.com](mailto:waarheals@yahoo.com)  
[www.nurtureclubs.org](http://www.nurtureclubs.org)  
(Coming Soon)

Resources

**ADVOCACY SERVICES**

**CENTER FOR FAMILY LIFE,**

Kathy Moore – Director  
 www.centerforfamilylife.net  
 125 North 5th Street, Indiana, PA 15701  
 724-463-8595; FAX: 724-463-8598 –

The Center For Family Life, Inc. encourages and advances healthy relationships for families with children by providing education, services, and support.

**ANIMAL SERVICES**

**ANIMAL SHELTERS / CARE**

Questions about adopting a parrot? Find information from: Visit the Avian Welfare Coalition at [www.avianwelfare.org](http://www.avianwelfare.org)  
 Pittsburgh Parrot Rescue  
 P.O. Box 97191  
 Pittsburgh Pa. 15229

Consider adoption. Adopting a dog instead of buying one is the surest way to strike a blow against puppy mills. To find the perfect match, you'll want to choose the right one for you and your lifestyle. Animal shelters have dozens of dogs, many of them purebreds, just waiting for homes.

**ANIMAL ADVOCATES INC.**

P.O. Box 8480  
 Pittsburgh, PA 15220  
 Phone: 412 928-9777  
 Email:  
 Patty at [muttsrus@hotmail.com](mailto:muttsrus@hotmail.com)

Animal Advocates is an all volunteer Pittsburgh based animal protection and animal rights organization. We are dedicated to ending the suffering, exploitation and abuse of all animals. Our office is at 35 Wabash Avenue in the West End of Pittsburgh.

**ANIMAL FRIENDS**

412-847-7000 (phone)  
 412-847-7001 (fax)  
 Caryl Gates Gluck Resource Center  
 562 Camp Home Road  
 Pittsburgh, PA 15237

To ensure the well being of companion animals, while ending overpopulation, abuse and unwarranted euthanasia. Animal Friends, a premier companion animal resource center, is committed to nurturing and promoting the animal-human bond and creating a community where our relationship with companion animals is guided by compassion.

**THE ANIMAL RESCUE LEAGUE OF WESTERN PA**

6620 Hamilton Ave.,  
 Pittsburgh PA 15206  
 The Animal Rescue League operates 7 days a week. Please call 412-661-6452 for questions about your specific animal needs. To provide temporary shelter, food, medical attention, and comfort to all abandoned, neglected and injured animals brought to us by the community; to restore lost animals to their owners or seek new homes for them, and to educate the public about the humane care of animals with a goal of reducing overpopulation.

**Western Pennsylvania Humane Society,**

Saturday and Sunday 10 - 5  
 Administration open Monday thru Friday 8:30 - 4:30  
 412-321-4625

*Fallen Timber*  
 1680 Fallen Timber Rd.

Elizabeth PA 15037  
 412-751-2010

Open 10-5  
 Tuesday thru Sunday and Thursday until 7 PM

At the Western Pennsylvania Humane Society, the area's oldest and largest animal welfare organization, we believe that every pet deserves a loving home and the chance to be someone's best friend. Since 1874, we have been providing shelter and care for Pittsburgh's unwanted animals - over 129 years of matching wonderful pets with wonderful people. Our goal is to make this region a better place for people and their pets, and in doing so we have developed many innovative outreach and educational programs.

**AUTISM SERVICES**

**ABOARD ADVISORY BOARD ON AUTISM & RELATED DISORDERS**

A premier Pennsylvania Organization serving Pennsylvania families since 1996 confronted with the challenges of Autism Spectrum Disorder (ASD) as well as the professionals who work with them.

What ABOARD Provides . . .  
 Families of newly diagnosed children with information and assistance to quickly navigate the systems towards receiving the required services. Family Service Coordinators available for support, information, and assistance relating to education, advocacy, rights, and resources. Information packets for families and professionals with personal and tailored information. The largest ASD support group network (now in 36 counties) that are financially supported by ABOARD. Accredited educational conferences and workshops. A state-wide free lending library of autism-related publications, books, videos and DVDs  
 Website: [www.aboard.org](http://www.aboard.org)  
 412.781.4116  
 800.827.9385  
 Fax 412.781.4122  
 E-mail: [support@aboard.org](mailto:support@aboard.org)


**Women Impacting Public Policy - WIPP**  
 (The Voice of Professional Women on Capitol Hill)  
 2709 W. I-44 Service Road • Oklahoma, OK 73112  
 Phone: (1-888) 368-5759  
[support@wipp.org](mailto:support@wipp.org)  
 Pittsburgh Contact: Michele McGough  
 (412) 635-8010

**The League of Women Voters of Greater Pittsburgh,**  
 a nonpartisan political organization, encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

Community Information Center  
 425 Sixth Avenue, Suite 1490, Pittsburgh, PA 15219  
 Phone/Fax: 412.261.4284  
 Email: [info@pgh.lww.org](mailto:info@pgh.lww.org)

The League of Women Voters of Washington County is a nonpartisan political organization which encourages informed and active participation of citizens in government and which influences public policy through education and advocacy. Any person of voting age, male or female, may become a League member. The League of Women Voters of Washington County is affiliated with the League of Women Voters of Pennsylvania and with the League of Women Voters of the U.S.

LWWVC,  
 Rm. 437, Washington Trust Building,  
 Washington, PA 15301;  
 Phone: 724-228-9889



Resources

**BUSINESS SERVICES**

**MERCER COUNTY CAREER CENTER**

724-662-3000

**CLARION UNIVERSITY'S SMALL BUSINESS DEVELOPMENT CENTER (SBDC)**

877-292-1843

The SBDC offers assistance to small businesses in all stages of growth. Programs include training and consulting in marketing and advertising, financial analysis, lending opportunities and comprehensive business planning. One-to-one consulting services are available free-of-charge to small business owners. Services are funded by the Small Business Administration and the Pennsylvania Department of Community and Economic Development. Call toll free 877-292-1843 to schedule an appointment. For services in Armstrong County, ask for Kate Curtis.

**COUNTY OF ALLEGHENY DEPARTMENT OF MINORITY, WOMEN AND DISADVANTAGED BUSINESS ENTERPRISE (MWDBE)**

Ruth Byrd-Smith, Director  
204 County Office Building  
542 Forbes Avenue  
Pittsburgh, PA 15219  
Phone: 412-350-4309  
Fax: 412-350-4915  
mwdbec@county.allegheny.pa.us

**NEW CASTLE DOWNTOWN BUSINESS ASSOCIATION**

138 West Washington St. New Castle, PA 16101  
724-654-5593; fax: 724-654-3330  
Lawrence County Commissioners

**REGIONAL INTERNSHIP OF SOUTHWESTERN PA**

Phone: 412-258-2688  
www.ric-swpa.org

**SAINT VINCENT COLLEGE SBDC**

300 Fraser Purchase Road  
Latrobe, PA 15650  
(P): (724) 537-4572  
(F): 724-537-0919  
e-Mail: sbdc@stvincent.edu  
web: www.stvincent.edu/sbdc

The Saint Vincent College Small Business Development Center (SBDC) is part of a statewide system of university-based economic development organizations, whose mission is to provide high quality education and consulting to entrepreneurs, to help them start and grow their businesses in the competitive global economy. Our Center offers no-fee, confidential, one-on-one consulting and low-cost programs to entrepreneurs at every stage of development. The SBDC provides valuable assistance and resources that support long-term growth of area businesses. Since 1984, the SBDC has offered practical and professional business development services to start-up and existing businesses in Westmoreland and Fayette counties. The Saint Vincent College Center for Global Competitiveness (CGC) was established to improve economic vitality and to create sustainable growth by helping business compete in an emerging global economy. The Center serves small and mid-sized companies in Armstrong, Fayette, Indiana, Washington, and Westmoreland counties.



**CHILDRENS' SERVICES FOR MOMS AND CHILDREN MOMS IN MOTION**

Greensburg, PA 15601  
Web Address: moms.meetup.com/2762/  
Email: MomsInMotion@verizon.net

Moms In Motion is for mothers of all ages in Westmoreland County. We're here to provide a social outlet for both mom and child. We offer a variety of activities including Moms Only Events, Playdates, Crafts, Family Activities, Couples Events, and much more.

**CHILDRENS' SERVICES**

**CHILDREN SERVICES**

**YWCA GREATER PITTSBURGH**

Child Care Information Services (3 Offices)  
305 Wood Street  
Pittsburgh, PA 15222  
Phone: 412-261-CARE  
Website: www.ywcapgh.org  
Child Care Information Services of Allegheny County (CCIS) provides consumer information, resource and referral services and subsidized child care services.

**CHILD ABUSE HOTLINE HOTLINE NUMBER 800-932-0313**

**Citizens Library**

55 South College Street  
Washington, PA 15301  
Phone: 724-222-2400  
Fax: 724-225-7303  
www.citlib.org

**COMMUNITY CENTERS**

**YWCA GREATER PITTSBURGH**

Homewood-Brushton Community Center  
6907 Frankstown Avenue  
Pittsburgh, PA 15208  
Phone: 412-361-6433  
Website: www.ywcapgh.org

**ANGELS' PLACE!**

Angels' Place, Inc. provides free childcare and support services to single, low-income, full-time student parents and their children. Angels' Place (formerly known as "Mom's House") was started by Mary Winter with one family in a church basement in Brookline in 1984. Shortly afterwards, the first Angels' Place "center" was acquired (also in Brookline). A second center opened in Swissvale in 1989, and a third on the Northside in 1998. All three centers are NAEYC accredited and are currently enrolling clients. For more information, please go to www.angelsplacepgh.org or call 412-321-4447.

**COUNSELING SERVICES**

**COMMUNITY COUNSELING CENTER OF MERCER COUNTY**

724-981-7141; lphillips@cccmer.org  
Provides Behavioral Health Services to children, families, adults and seniors; psychiatric and psychological treatment, in-home and school-based interventions, employment services for disabled, psychiatric rehabilitation and residential programs.

**DIASABILITY, INTELLECTUAL, SERVICES**

**THE EMMAUS COMMUNITY OF PITTSBURGH**

412-381-0277  
We are a 501(c)(3) organization dedicated to providing permanent homes to individuals with intellectual disabilities and promoting the public awareness of their needsosphere of acceptance and respect while sharing their gifts with one another. For more information, or to schedule a tour, please call 412-381-0277.

## Resources

### DV AND SA SERVICES

#### BEAVER COUNTY

##### WOMEN'S CENTER OF BEAVER COUNTY

PO Box 428

Beaver, PA 15009

<http://www.womenscenterbc.org/>

Women's Center Office: 724-775-2032 / Toll Free: 1-877 629-1841

24 hour help line: 724-775-0131

Based on the firm belief that all individuals have the right to live free from violence, the Women's Center is committed to promoting safety and independence with the goal to reduce and eliminate the causes and effects of abuse. We strive to educate the public to provide shelter, counseling, support, advocacy, and education to victims and survivors of domestic violence and sexual assault.

#### BUTLER COUNTY

##### VICTIM OUTREACH INTERVENTION CENTER

Evans City Office: P.O. Box 293, Evans City, PA 16033

Ph: 724-776-5910; Fax: 724-776-6781

Butler Outreach Office: 111 South Cliff Street; Butler, PA 16001

Ph: 724-283-8700; Fax: 724-283-8760

Saxonburg Outreach Office, Saxonburg, PA 16056

Ph: 724-352-3020; Fax: 724-352-3021

24 Hour Toll Free: 1-800-400-8551

Victim Outreach Intervention Center is a non-profit systems change organization that provides free and confidential services to individuals and families who are survivors of violent crime. VOICE works within our community to bring about social change and provide survivors with the ability to take control of their lives.

#### CENTER FOR VICTIMS OF VIOLENCE AND CRIME

900 Fifth Avenue

Pittsburgh, PA 15219

Phone: 412-392-8582 (24 hour Helpline)

Phone: 412-350-1975 (Administration)

Fax: 412-350-1975

[www.cvvc.org](http://www.cvvc.org)

[information@cvvc.org](mailto:information@cvvc.org)

The Center for Victims of Violence and Crime (CVVC), a leading service provider in Allegheny County for more than 30 years, is one of the oldest and largest comprehensive crime victim assistance agencies in the region. CVVC's mission is "Helping individuals, families and communities survive the trauma of violence and crime by offering victim advocacy services, crisis intervention, counseling and community education programs that address the causes and impacts of violence." CVVC provides confidential, critical services to women, men, and children impacted by all forms of violence and crime including, but not limited to, adult and child sexual assault, physical assault, child abuse, elder abuse, homicide, robbery and burglary. We also offer education, intervention and prevention programs to individuals, schools and the community which promote peace and violence-free lifestyles.

#### GREENE COUNTY

##### GREENE COUNTY WOMEN'S CENTER (GCWC)

43 North Morgan Street

Waynesburg, PA 15370 (open 24-hours a day)

724-852-2463 or 1+800-791-4000

Fax: 724-627-4729

[gcwc@greenepa.net](mailto:gcwc@greenepa.net)

Call 724-223-5477 or 724-852-2373 to arrange for a training or speaker.

All of our services are provided confidentially and without regard to race, color, age, sex, religious creed, ancestry, national origin, handicap or disability, marital status or sexual orientation. ALL DIRECT SERVICES ARE FREE.

#### INDIANA COUNTY

##### ALICE PAUL HOUSE

Crisis hotline 24-hours: 724-349-4444

The mission of the Alice Paul House is to provide safety to victims of domestic violence and sexual assault, to assist and empower all victims, and to promote awareness of these issues in our community.

#### LAWRENCE COUNTY

##### THE CRISIS SHELTER OF LAWRENCE COUNTY

1218 W. State Street; New Castle, PA 16101

724-652-9206 (Business); Fax: 724-652-9222

24 Hour HotLine: 724-652.9036

The Crisis Shelter provides free, confidential services to all women, men, and children victims/survivors of sexual assault and domestic violence. We offer Emergency Shelter for Women & Shelter for Women & their Children, Protection from Abuse (PFA), Assessment & Court Accompaniment, Medical Advocacy & Hospital Accompaniment, Individual Counseling, Prevention Education

#### MERCER COUNTY

##### AWARE, INC

##### MERCER COUNTY'S DOMESTIC & SEXUAL VIOLENCE CENTER

1-888-981-1457 / 24 hour hotline

1-724-662-1870 / Administration

Crisis intervention, emergency shelter, community education, youth education, support groups, individual support, medical and legal advocacy, volunteer program

#### NATIONAL DOMESTIC VIOLENCE HOTLINE

(800) 799-7233

National Victim Center

FYI-CALL (800) 394-2255

#### PENNSYLVANIA COALITION AGAINST DOMESTIC VIOLENCE

6400 Flank Drive, Suite 1300

Harrisburg, PA 17112

Main Phone: (800) 537-2238

Crisis Hotline: (888) 424-2287

#### PITTSBURGH ACTION AGAINST RAPE

81 South 19th Street

Pittsburgh, PA 15203

Phone: 412-431-5665

#### DOMESTIC VIOLENCE

##### LOCAL

Alle-Kiski Area Hope Center (724) 224-4673

Center for Victims of Violent Crime (412) 392-8582

Crisis Center North (412) 364-5556

Women's Center & Shelter (412) 687-8005

Womanspace East, Inc (412) 765-2661

Womansplace Inc (412) 687-4616

#### NATIONAL COUNCIL OF JEWISH WOMEN

##### SILENT WITNESS INITIATIVE

1620 Murray Avenue

Pittsburgh, PA 15217

412.421.6118

412-421-1121

[info@ncjwpg.org](mailto:info@ncjwpg.org)

[www.ncjwpg.org](http://www.ncjwpg.org)

The Silent Witness Initiative includes an exhibit and information to raise awareness on the dangers of domestic violence and to help people connect with local resources. NCJW offers a Traveling Exhibit and an Informational Packet. For more information, including the cost of the materials, please contact the NCJW office at 412-421-6118.

## Resources

### WASHINGTON COUNTY

#### WASHINGTON WOMEN'S SHELTER, INC.

CALL US @ 724-223-9190 or 800-791-4000 24 Hours a Day, 7 days a Week

THERE IS A SAFE PLACE TO GO!

Serving Washington & Greene Counties In Pennsylvania. Washington Women's Shelter, Inc. was established to provide supportive services on issues pertinent to women of all backgrounds to promote self-dependency and meet expressed needs. We seek to help women assume control over their lives and to constantly define violence as an unacceptable means of control under any circumstances.

### WASHINGTON SEXUAL ASSAULT SERVICES

#### SPHS C.A.R.E CENTER

62 E. Wheeling St.

Washington, PA 15301

Business: (724) 228 7208

Hotline: (888) 480 7283 (Tollfree)

SPHS C.A.R.E. CENTER S.T.T.A.R.S. Program

351 West Beau Street

Suite 201

Washington, PA 15301

Business: (724) 228 7208

Hotline: (Toll free) 888-480 7283 / 724-229-5007

Hours of operation: 8:30 a.m.-4:30 p.m., Monday-Thursday (evening hours available by appointment until 8:30p.m.); 8:30 a.m.-4:00 p.m., Friday. STTARS provides individual and group counseling for victims of sexual assault, supplies accompaniment for medical and legal procedures. Prevention and education programs for groups and schools. Sexual Assault and Rape Crisis Center provides individuals & group counseling, & support groups to victims of sexual assault and their families. Any child or adult who has at some time been affected by sexual assault is appropriate for these services.

*In the course of history, there comes a time when humanity is called to shift to a new level of consciousness, to reach a higher moral ground. A time when we have to shed our fear and give hope to each other. That time is now.*  
- Wangari Maathai

### WESTMORELAND COUNTY

#### BLACKBURN CENTER

PO Box 398

Greensburg, PA 15601

Girl Scout Council of Westmoreland, Inc.

126 East Otterman Street

Greensburg, PA 15601

Phone: (724) 834-9450

Fax: (724) 834-9488

Blackburn Center responds to the issues of physical and emotional abuse, sexual assault, sexual harassment, and child sexual abuse.

All client services are free and confidential. 24-Hour Hotline. To reach a counselor any time of the day or night, call 724-836-1122 or 1-888-832-2272 Toll-free

Administrative and Counseling Offices

For information, appointments, to make a donation, or to volunteer, call: 724-837-9540

### WOMEN'S CENTER & SHELTER OF GREATER

#### PITTSBURGH

P.O. Box 9024

Pittsburgh, PS 15224

Hotline: 412-687-8005

Phone: 412-687-8017

[www.wcspittsburgh.org](http://www.wcspittsburgh.org)

The Women's Center & Shelter provides all services confidentially and free charge including 24-hour hotline and shelter, education, medical and legal advocacy, empowerment center and children's center.

### PENNSYLVANIA COALITION AGAINST RAPE

If you have been a victim of sexual violence and are seeking information, referral or resources, please call our toll free hotline at 1-888-772-7277.

**Pittsburgh Action Against Rape ~ 412-392-8582-1-866-363-7273**

- \* Free and confidential crisis counseling 24 hours a day
- \* Prevention education programs to schools, civic organizations and other public groups
- \* Services for the victim's family, friends, partners or spouses
- \* Information and referrals to other services in your area

**Sexual violence** occurs any time a person is forced, coerced, and/or manipulated into any unwanted sexual activity. Rape is a crime. It is motivated by the need to control, humiliate, and harm. It is not motivated by sexual desire. Rapists use sex as a weapon to dominate and hurt other

**The range of sexual violence** includes rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, human trafficking and voyeurism

**Some relationships are not as they appear...  
Help yourself, help a friend, help the cause**



Women's Center & Shelter  
of Greater Pittsburgh

P.O. Box 9024, Pittsburgh, PA 15224

Hotline: 412-687-8005 • Admin: 412-687-8017

[info@wcspittsburgh.org](mailto:info@wcspittsburgh.org) • [www.wcspittsburgh.org](http://www.wcspittsburgh.org)

Women's Center provides:

- 24 Hour Hotline & Shelter
- Intimate Partner Violence Education
- Support Groups
- Legal Advocacy
- Medical Advocacy
- Children's Center



## Resources

### DOMESTIC VIOLENCE AND SEXUAL ASSAULT

#### ARMSTRONG COUNTY HAVIN INC.

P.O. Box 983  
Kittanning, PA 16201  
(724) 543-1180  
<http://www.havinpa.org/>  
Kittanning Office Hours  
8 am to 5 pm, Monday - Friday  
24 hour hotline: 724-548-8888; 800-841-8881  
The mission of HAVIN Inc. is to provide supportive services and advocacy for survivors of domestic violence, sexual assault and their significant others; to increase public awareness, and effect critical changes in public policy in response to sexual and domestic violence

### ADVOCACY AND EDUCATION

#### COOPERATIVE PARENTING FOR DIVIDED FAMILIES

619 N. Murtland Ave  
Pittsburgh, PA 15208  
24 - HOUR HOTLINE  
(412) 404-8514  
E-mail: [coparenting@yahoo.com](mailto:coparenting@yahoo.com)

Our goal is education for couples on a team approach.

#### YWCA CENTER FOR RACE AND GENDER EQUITY

305 Wood St.  
Pittsburgh, PA 15222  
Phone: 412-255-1270  
Website: [www.ywcapgh.org](http://www.ywcapgh.org)  
The Center provides educational programs to encourage racial justice and equity, and leads the YWCA's advocacy and research efforts.

### EDUCATIONAL CHILDRENS' SERVICES PROFESSIONAL DEVELOPMENT/TRAINING

YWCA GREATER PITTSBURGH  
Southwest Regional Key for PA's Early Learning Keys to Quality  
305 Wood Street  
Pittsburgh, PA 15222  
Phone: 412-255-1175  
Website: [www.ywcapgh.org](http://www.ywcapgh.org) and [www.pakeys.org](http://www.pakeys.org)  
Southwest Regional Key provides programming to increase educational attainment among child care practitioners and enhance professional skills and competencies in support of children's learning and development.

### ENERGY ASSISTANCE

#### LOW INCOME HOME ENERGY ASSISTANCE (LIHEAP I)

(412) 562-0330  
Dollar Energy Fund ([www.dollarenergy.org](http://www.dollarenergy.org))

### ENERGY CONSERVATION

#### ENERGY CONSERVATION/CONSULTING CONSERVATION CONSULTANTS INC \*

Ann Jones Gerace, Executive Director  
64 South 14th Street  
Pittsburgh, PA 15203  
Phone: 412-431-4449  
[annng@ccicenter.org](mailto:annng@ccicenter.org)

### FOOD BANKS

#### CORNER CUPBOARD FOOD BANK

511 Rolling Meadows Road; Waynesburg, PA 15370  
724-627-9784; Fax: 724-627-7860  
Contact: Jan Caldwell  
Cornerstone Care, Inc.  
1227 Smith Twp State Road  
Burgettstown, PA 15021  
Phone: 724-947-2255/Fax: 724-947-2477  
[www.cornerstonecare.com](http://www.cornerstonecare.com)

#### INDIANA COUNTY COMMUNITY ACTION PROGRAM FOOD BANK

PO Box 187, Indiana, PA 15701  
724-465-2657; Fax: 724-465-5118  
Contact: Sandi Dill, Nominating Chair  
email: [iccap@mail.microserve.net](mailto:iccap@mail.microserve.net)

#### INDIANA COMMUNITY ACTION PROGRAM

**Food Bank**  
PO Box 187, Indiana, PA 15701  
724-465-2657; Fax 724-465-5118  
Contact: Sandi Dill, Nominating Chair  
Email: [iccap@mail.microserve.net](mailto:iccap@mail.microserve.net)

#### KIDSLINE PHONEPALS

(800) 578-5100  
Reassurance line for children who may be home alone, Monday - Friday; 3-7 pm

#### NEW CASTLE FOOD BANK

Court Street, New Castle, PA 16101  
724-658-2541; Fax: 724-652-9645  
Contact: Artisha Foster

#### PEOPLE IN NEED, INC.

2540 New Butler Road, New Castle, PA 16101  
724-657-3303  
Pennsylvania's Utility Choice ([www.utilitychoice.org](http://www.utilitychoice.org))

### GIRL POWER

#### GIRLS COALITION OF SOUTHWESTERN PENNSYLVANIA

The Girls Coalition of Southwestern Pennsylvania is an emerging network of providers, funders and community leaders who are dedicated to improving the lives of girls in our region. The Coalition brings together people and resources to educate, advocate and network on behalf of girls, but does not provide direct services to girls. It is governed by a Steering Committee that meets monthly. See [www.girlscoalitionswpa.org](http://www.girlscoalitionswpa.org) for more information.

#### GIRL SCOUTS OF BEAVER & LAWRENCE COUNTIES

443 3rd St. Beaver, PA 15009  
724-774-3553; 724-728-0775  
[info@gsbhc.org](mailto:info@gsbhc.org)

[www.girlscouts-wpa.org](http://www.girlscouts-wpa.org)

#### GIRL SCOUTS KITTANNING

2359 Freeport Road  
Kittanning, PA 16201  
724-543-2681 or 800-221-2995; Fax 724-543-6313

### GIRLS COALITION

PO Box 1806, Pittsburgh, PA 15230-1806  
(412) 253-3263  
[info@girlscoalitionswpa.org](mailto:info@girlscoalitionswpa.org)

The Coalition exists to address strategic gaps in the region meeting a need for staff and leaders of girl-serving agencies to share information about programs, new research, or training opportunities in a more formal way. By connecting these powerful and creative programs to each other, the Girls Coalition makes it easier for girls and families to identify and take advantage of all the amazing opportunities that exist in the region. We aspire to help youth serving agencies serve girls better--more thoughtfully and more effectively.

We strive to build a strong coalition of providers that serve girls to address and remedy issues that face all girls in education, physical & mental health, violence & crime, and economics.



## Resources

### HEALTH AND WELLNESS

#### BREAST HEALTH EDUCATION

HDS Westmoreland  
1011 Old Salem Road  
Suite 102  
Greensburg, PA 15601-1034  
Phone: (724) 832-7601 (voice/tty)  
Fax: (724) 832-7602

#### AMERICAN LUNG ASSOCIATION

Wexford Professional Building II, Suite 2104  
11676 Pwerry Highway  
Wexford, PA 15090  
Phone: 724-933-6180 / Fax: 724-933-6183  
www.lunginfo.org

### ADDICTIONS - WOMEN'S ORGANIZATIONS POWER

7501 Penn Avenue  
Pittsburgh, PA 15208  
Phone: (412) 243-7535, ext. 222  
Fax: (412) 243-8711  
Email: powerorg@power-recovery.com  
POWER's mission is to provide gender-specialized quality treatment & support services to women who are changing their lives through recovery from addiction to alcohol and other drugs. We envision a day when all women struggling with addiction will embrace the journey and realize the promises of recovery, enhancing and strengthening relationships with children, family and community. Those of us dedicated to this work of supporting women and their families in a new way of life believe in the mission, vision, philosophy and values of the agency; and model our lives as such.

### COMMUNITY HUMAN SERVICES CORPORATION

Community Human Services Corporation seeks to enhance people's lives and strengthen communities by providing opportunities to develop individual potential and by delivering comprehensive services that maximize the health and well-being of those it serves in South Oakland and the greater Pittsburgh area.

Services Include but are not limited to:

Homeless Assistance Programs:

Mental health programs

Residential programs

Health programs

34 Lawn Street

Pittsburgh Pa. 15213

Phone: 412-246-1600

Fax: 412-621-7187

www.chscorp.org

### ALLEGHENY COUNTY DEPARTMENT OF HEALTH SERVICES

(412) 473-2000

Office of Children, Youth and Families

To report child abuse and neglect locally

(412) 350-4457

Office of Behavioral Health

Number to call for information about mental

health commitments to the hospital

Satellite Numbers:

NORTH (412) 373-HELP (4357)

SOUTHWEST (412) 343-HELP (4357)

WEST (412) 787-HELP (4357)

NORWIN (724) 864-HELP (4357)

SOUTHEAST/MON Valley (412) 469-9999

### ALLERGYMOMS

www.allergymoms.com

Allergy Moms is online support and a free newsletter dedicated to supporting mothers of children who have food allergies. Sign to get free samples, recipes, and the latest research and advocacy news. AllergyMoms Pittsburgh is our free local support group. Meeting dates and locations can be found at www.allergymoms.com.

For more information, please contact us at  
info@allergymoms.com

### LIFELINE OF SOUTHWEST PENNSYLVANIA

Beaver County Office—Call for an appointment

647 Third Street, Beaver PA 15009

724-728-5651

Hotline: 724-843-0505

http://www.lifelineofsouthwestpa.org/

Lifeline is a pregnancy-related service organization dedicated to helping pregnant women, their babies, and families find help and human services for their particular circumstances

### FAMILY HEALTH COUNCIL, INC.

310 Market Street, Kittanning, PA 16201

1-866-942-2778 /

(724) 543-7035

www.fhcinc.org

Hours: 8:00am - 4:00pm Monday – Friday.

Services: OB/GYN/Prenatal Services: Provides complete reproductive healthcare for women, including gynecological & obstetrical exams, breast and cervical cancer screening, birth control, pregnancy testing, SDT testing, and treatment for women and men. Healthy Woman Project: is a state-funded program that provides screening and diagnostic testing for breast and cervical cancer. Services are at no charge to eligible women.

### LIFE CHANGERS

598 7th Street, Beaver, PA 15009

724-774-3866; Fax: 724-774-0922

Judy Wood, Director

Committed to motivating women to control their eating habits and to Take Control of Their Life.

### SUPPORT GROUPS OR BREAST CANCER SURVIVORS

#### GILDA'S CLUB

Breast Cancer Networking Group

2816 Smallman Street

Pittsburgh, PA 15222

412-338-1919

### WOMEN OF COLOR SUPPORT GROUP

1153 Sperling Drive

Pittsburgh, PA

Joyce Harvey

412-244-9321

### WOMEN VETERANS HEALTH CARE

1-877-222-8387

www.publichealth.va.gov/womenshealth

The Women Veterans Health (WVH) Strategic Health Care Group provides programmatic and strategic support to implement positive changes in the provision of care for all women Veterans.

The mission of the WVH is to be a national leader in the provision of health care for women, thereby raising the standard of care for all women.

## Resources

### HEALTH EDUCATION

#### THE CENTER FOR HEARING & DEAF SERVICES, INC (HDS)

Provides a wide range of services for individuals who are hearing impaired. Audiological services include hearing screening, complete audiological evaluations, and hearing aid fittings. The center for Hearing & Deaf Services even organizes a hearing aid recycling program that provides hearing aids to individuals who cannot afford the cost of a new aid. The center for Hearing & Deaf Services also offers a Deaf Youth Program (DYP) which strives to provide youth with access to goal setting activities and life skill experiences while interacting with members of the deaf community. The program provides information, referral services, as well as sign language training and support for families of youth who are hard of hearing.

Contact: Evette Leonard

1945 Fifth Avenue

Pittsburgh, PA 15219

Phone: 412-281-1375

Website: <http://www.phsds.org>

Email: [dyp@phsds.org](mailto:dyp@phsds.org)

#### YWCA GREATER PITTSBURGH ENCOREplus PROGRAM

6907 Frankstown Avenue

Pittsburgh, PA 15208

Phone: 412-365-1915

Website: [www.ywcapgh.org](http://www.ywcapgh.org)

The YWCA's ENCOREplus program – run by women for women – was created to reach out to all women who face obstacles to getting high-quality, affordable breast and cervical exams.

### HOUSING PROGRAMS

#### PITTSBURGH HABITAT FOR HUMANITY

Building Homes With A heart

1 Library Place, Suite 107

Duquesne, PA 15110

Phone: 412-466-6719

Fax: 412-466-6757

[info@pittsburghhabitat.org](mailto:info@pittsburghhabitat.org)

[www.pittsburghhabitat.org](http://www.pittsburghhabitat.org)

Donate directly or through the United Way – Code 2156

Port Authority of Allegheny County (412) 442-2000

Public Utility Commission (800) 692-7380

#### YWCA GREATER PITTSBURGH

305 Wood Street

Pittsburgh, PA 15222

Phone: 412-255-1162

Website: [www.ywcapgh.org](http://www.ywcapgh.org)

The YWCA Greater Pittsburgh provides homeless women and families with safe, stable housing and the supportive services that enable them toward economic self-sufficiency.

### LEGAL SERVICES FOR CHILDREN

#### CASA OF ALLEGHENY COUNTY

564 Forbes Avenue, Suite 902

Pittsburgh, PA 15219

Phone: 412-594-3606/Fax: 412-594-3607

Website: [www.pgh-casa.org](http://www.pgh-casa.org)

Too many abused and neglected children are caught up in an overwhelmed child welfare system. They need someone who can help speak up for their best interests. Consider becoming a CASA (Court Appointed Special Advocate) volunteer. CASAs are assigned to one family and help make sure that a child's voice is heard and that their individual needs are met. For more information on how you can get involved, please visit [www.pgh-casa.org](http://www.pgh-casa.org) or call 412-594-3606. Full training is provided.

### HOMELESS SHELTERS

#### SHELTERS FOR FAMILIES

#### SALVATION ARMY

Family Crisis Center (412) 394-4817

Community Human Services Cold Weather Shelter

Open only in emergency cold weather shelter (412) 621-4706

#### THREE RIVERS YOUTH

#### THE LOFT

For girls only, Wilkinsburg (412) 243-5638

#### SHELTERS FOR SINGLE MEN OR WOMEN

(412) 664-9168

Community Human Services

Wood Street Commons

YWCA McKeesport

Single Room Occupancy

#### SHELTERS FOR SINGLE MEN ONLY

East End Cooperative Ministry (412) 362-6854

Northside Common Ministries (412) 321-4272

Light of Life Ministries (412) 321-4272

#### SHELTERS FOR SINGLE WOMEN ONLY

Bethlehem Haven (412) 391-1348

### TRANSPORTATION

#### TRAVELER'S AID SOCIETY OF PITTSBURGH

(412) 281-5474

#### UNITED WAY HELPLINE HOTLINE #'S

(412) 255-1155

24 hour access to information & referrals to health and human service agencies and support groups, crisis intervention

### INTERNATIONAL ORGANIZATION

#### WORLD AFFAIRS COUNCIL OF PITTSBURGH

2640 One Mellon Center

500 Grant Street

Pittsburgh, PA 15219-2502

Phone: 412-281-7970

A non-profit, non-partisan organization dedicated to promoting greater understanding of important international issues throughout the community and especially within the region's secondary schools.

### LGBT SERVICES

#### GAY AND LESBIAN COMMUNITY CENTER

210 Grant St.

Pittsburgh, PA 15219

(412) 422-0114

[info@glccpgh.org](mailto:info@glccpgh.org)

The Gay and Lesbian Community Center (GLCC) of Pittsburgh had its modest beginnings in 1979, when an information Phoneline was established by Persad, Inc., a local mental health center run by and serving the needs of the gay, lesbian, bisexual, transgendered community. The mission for the Center is to facilitate the development of individual and community resources to meet the needs of sexual minorities, and to remain inclusive and sensitive to our diverse community.

### MENTAL HEALTH SERVICES

#### ARMSTRONG-INDIANA MH/MR PROGRAM

Tammy Calderone, Administrator

Armsdale Admin Bldg., Suite 105, 124 Armsdale Road, Kittanning, Pa 16201

(724) 548-3451; Fax : (724) 548-3454

Email : [tlcalderone@aimhmr.net](mailto:tlcalderone@aimhmr.net)

Website : [www.aimhmr.org](http://www.aimhmr.org)

Resources

**MERCER COUNTY BEHAVIORAL HEALTH COMMISSION**

724-662-1550  
Provides crisis intervention and counseling services

**THE MENTAL HEALTH ASSOCIATION IN BEAVER COUNTY**

105 Brighton Avenue, Rochester, PA 15074  
724-775-4165 ; Fax: 724-775-8523  
bcmha@verizon.net  
Executive Director: Mary Kay Russo  
<http://www.mhapa.org/beaver.htm#contact>

**MENTAL HEALTH OUTPATIENT CLINIC**

Counseling for children, adults and families, custody and disability evaluations.

**NATIONAL CHILD ABUSE HOTLINE**

(800) 422-4453 ChildHelp USA  
National Referral Network for Kids in Crisis  
(800) Kid-Save / (800) 543-7283  
National Runaway Switchboard (800) 621-4000  
National Hopeline Network (800) 442-4673  
National Youth Crisis Line (800) Hit-Home

**SHELTERS FOR HOMELESS/RUNAWAY YOUTH**

**CHILDLINE CHILD ABUSE REGISTRY**

To report child abuse and neglect at the state level  
(800) 932-0313

**WESLEY SPECTRUM SERVICES**

243 Johnston Road  
Pittsburgh, PA 15241  
412-831-9390  
[www.wesleyspectrum.org](http://www.wesleyspectrum.org)  
Wesley Spectrum Services is at work for over 3,000 children and over 7,000 family members right now in our unique school, mental health, and family programs across Western Pennsylvania. Guided by our unique Kid-Centered Decision Making method, a picture for each of these children today looks very different from a picture a day, a week, a year ago.  
This site is a resource for parents, kids, administrators and teachers, community leaders, volunteers and donors. Learn how Wesley Spectrum is helping to repair and strengthen families, improve the fabric of our communities and create bright futures.

**MENTORING SERVICES**

**WESTMORELAND COUNTY**

**BIG BROTHERS BIG SISTERS OF WESTMORELAND COUNTY**

Our Mission is to To help children reach their fullest potential through mentoring relationships.  
Email: [mail@bbbslr.org](mailto:mail@bbbslr.org)  
Westmoreland Office  
1011 Old Salem Road  
Suite 211  
Greensburg PA 15601  
Phone: 724-837-6198  
Fax: 724-837-6120  
Fayette Office  
80 Old New Salem Road  
Suite 206  
Uniontown PA 15401  
Phone: 724-439-8055 / Fax: 724-439-8057

**NETWORKING**

**WOMEN OF SOUTHWESTERN PA, INC.**

109 Scenery Circle  
McMurray, PA 15317  
Phone: 724-941-4598  
Fax: 724-941-4598  
[www.womenofswpa.org](http://www.womenofswpa.org)  
South Hills business and professional women's organization. Social/program meeting third Thursday each month. See [www.womenofswpa.org](http://www.womenofswpa.org) for additional information or Darlene Harris - 724.745.6193

**WOMEN'S POWER LUNCH PAGE 67**

Established in 1992, Suzanne Froehlich has been coordinating the lunches since 1999. It has grown to over 1000 strong. Monthly attendance ranges from 50-70 women. Suzanne's philosophy on networking is that you must form relationships in order to create open communication with others in business. It is a simple concept that works.

To RSVP: Contact Suzanne by the end of the day on Wednesday before the Friday luncheon at 724-935-6447 or email [suzannef@zoominternet.net](mailto:suzannef@zoominternet.net)

**RESOURCES**

**ABATEMENT CENTER**, for boys or girls

Downtown Pittsburgh (412) 255-0823  
Access Transportation Services  
Transportation service for the elderly/disabled (412) 562-5353

**ARMSTRONG COUNTY COMMUNITY ACTION AGENCY**

705 Butler road  
Kittanning PA 16201  
1-800-405-6252; (724) 548-3408  
Hours: 8:00am – 4:00pm Monday – Friday. Eligibility: Low income poverty guidelines apply to all programs. Fees: None  
Provides assistance with Housing, energy assistance, medical transportation. Call for guidelines and programs as they change according to funding.

**SENIOR SERVICES**

**AREA AGENCY ON AGING**

441 Smithfield Street  
Pittsburgh, PA 15222  
Phone: 412-350-4234 Fax: 412-350- 4330  
SeniorLine: 412-350-5460  
In 2000, the Allegheny County Area Agency on Aging (formerly the Allegheny County Department of Aging) joined four other County program offices to become part of an integrated Department of Human Services. The primary objective of the Department of Human Services is to ensure a coordinated human services system that improves, increases, and promotes services to the county's general public and, in particular, to its most vulnerable populations. The Area Agency on Aging (AAA, aka Triple A) is the program office of the Allegheny County Department of Human Services that provides services for adults, 60 years of age and older. AAA provides a wide range of services designed to help older adults live quality lives, including assisting them, if they prefer, to remain living in their own homes as long as possible. AAA provides services through programs based at its Downtown Pittsburgh office, two regional staff offices and through a network of more than 100 service organizations and local municipal governments throughout the county. AAA services range from those for active, independent older adults to those for persons who are more frail and vulnerable.

*“Children must be taught how to think, not what to think.”  
— Margaret Mead*

## Resources

### SENIORLINE, senior services

412-350-5460

Toll Free: 1-800-344-4319

E-mail: SeniorLine@dhs.county.allegheny.pa.us

A call to the SeniorLine, weekdays between 8:30 a.m. and 4:30 p.m., connects the caller to a AAA care manager who will answer his/her questions about services for older adults and offer assistance in finding local providers of needed services. Callers who leave a message after normal office hours or on weekends will have their call returned by a care manager.

The care manager explains the services available throughout the AAA and its network of community providers. If appropriate, s/he arranges for an in-depth assessment of the needs of the older adult. The assessment leads to the development of a care plan in cooperation with the older adult and his/her family, if desired.

Unless otherwise noted, all of the services described below are arranged by first contacting a SeniorLine care manager. More information about getting started with AAA is available at: [www.alleghenycounty.us/dhs/aaaintake.aspx](http://www.alleghenycounty.us/dhs/aaaintake.aspx)

Helping older adults stay connected to their community through Senior Centers

Senior Centers are located in 60 neighborhoods throughout the county. Generally operated by community organizations and/or local municipal governments, Senior Centers offer a range of community-based services. In addition to serving a daily lunch, senior centers offer social, recreational, educational, health and fitness, and other programs that consumers can enjoy with their peers in their community. Participation in the activities of a senior center offers older adults a great way to stay mentally and physically active, meet people and start new friendships. In addition, Senior Center staff can provide the same type of help and information available through SeniorLine case.

### SHELTERS FOR WOMEN

#### BETHLEHEM HAVEN

Fifth Avenue Commons, 905 Watson Street

Pittsburgh, PA 15219

412-391-1348/[www.bethlehemhaven.org](http://www.bethlehemhaven.org)

Hospitality, compassion and integrity, three of Bethlehem Haven's core values are the centerpiece of the delivery services to homeless women or those at risk for homelessness. Bethlehem Haven strives to provide essential foundation for clients to achieve stable mental and physical health, as well as personal empowerment. Supply services provided by Bethlehem Haven include Project Employ, Day Programs, Health and Wellness and Uptown Legal Clinic.

### TEEN SERVICES

#### YWCA GREATER PITTSBURGH, TEEN SERVICES

6907 Frankstown Avenue

Pittsburgh, PA 15208

Phone: 412-361-6433/Website: [www.ywcapgh.org](http://www.ywcapgh.org)

The YWCA offers non-traditional interactive educational programs and activities that empower girls and young women and also promote gender equity.

### EMPLOYMENT AND YOUTH

#### Volunteers of America of Pennsylvania

#### Workforce Development Program

1323 Forbes Avenue

Pittsburgh, PA 15219

Phone (412)-246-4434 ext.201

#### Volunteers of America of Pennsylvania

#### All of Us Care Program

610 Clay Street

Sharpsburg, PA 15215

### WOMEN'S ORGANIZATIONS

#### MEMBERSHIP SERVICES

#### YWCA GREATER PITTSBURGH

305 Wood Street

Pittsburgh, PA 15222

Phone: 412-255-1261

EMAIL: [membership@ywcapgh.org](mailto:membership@ywcapgh.org)

Website: [www.ywcapgh.org](http://www.ywcapgh.org)

Become part of a growing network that works to strengthen our community by creating and advancing opportunities for all women to seek equality and self-sufficiency. Membership in the YWCA Greater Pittsburgh is free.

#### YWCA GREATER PITTSBURGH

305 Wood Street

Pittsburgh, PA 15222

Phone: 412-391-5100

Website: [www.ywcapgh.org](http://www.ywcapgh.org)

Email: [ywca@ywcapgh.org](mailto:ywca@ywcapgh.org)

The YWCA Greater Pittsburgh strengthens our community by creating and advancing opportunities for all women to seek equality and self-sufficiency. Last year, the door of opportunity was opened for over 43,000 Allegheny County women and families through such YWCA programs as child care, child-care training, children and teen programs, health education, housing, and anti-racism and cultural competency training.

#### AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

c/o Jill E Roth

864 Belmont Rd

Butler, Pa 16001-4545

YWCA Downtown Butler

120 W. Cunningham Street, Butler, PA 16001

724-287-5709

e-mail: [ywcaofbutler@aol.com](mailto:ywcaofbutler@aol.com)

Classes for young girls and teens to open avenues leading to increased independence and the development of talents and skills.

Classes for adult women to meet community needs by providing self-improvement, education and leisure time classes.

#### MERCER COUNTY COMMISSION FOR WOMEN

103 Courthouse Mercer, Pennsylvania 16137

724-662-3800; FAX 24-662-1530

An advocacy agency for Mercer County women.

#### WESTMORELAND COUNTY COMMISSION FOR WOMEN & FAMILIES (WCCWF)

PO Box 675

Greensburg, PA 15601

Mary Catherine Motchar

724-838-1838

[ArborInd@aol.com](mailto:ArborInd@aol.com)

Angela Rose-O'Brien

724-836-6444

[InspiringTimes@aol.com](mailto:InspiringTimes@aol.com)

### WOMEN'S POLITICAL ORGANIZATIONS

#### LEAGUE OF WOMEN VOTERS

403 Elm St., Indiana, PA 15701

724-465-2595; Fax: 724-465-4953

Email: [lwvic@yourinter.net](mailto:lwvic@yourinter.net)

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

## Resources

### WOMEN'S RESOURCE CENTER

#### YWCA GREATER PITTSBURGH

305 Wood Street  
Pittsburgh, PA 15222  
Phone: 412-255-1488  
EMAIL: [ywresources@ywcapgh.org](mailto:ywresources@ywcapgh.org)  
Website: [www.ywcapgh.org](http://www.ywcapgh.org)

The YWCA Women's Resource Center is the leading source for strengthening connections between women, their families and friends and those organizations providing services and support to women.

### WOMEN'S INTERNATIONAL LEAGUE FOR PEACE AND FREEDOM

Phone: 412-521-7187

[www.wilpf.org](http://www.wilpf.org)

The Women's International League for Peace and Freedom (WILPF) is the oldest and largest international women's peace organization, working for world disarmament, full rights for women, racial/economic justice; an end to all forms of violence, oppression and discrimination. WILPF is represented in 40 countries and more than 100 US communities.

The local branch is now concentrating on counter-recruitment and planning to bring the Eyes Wide Open exhibit (boots of soldiers who died in Iraq) to Pittsburgh working with the American Friends Service Committee. Meetings second Monday of the month 7pm. Everybody welcome. [Edith.bell4@verizon.net](mailto:Edith.bell4@verizon.net)

### NATIONAL COUNCIL OF JEWISH WOMEN

1620 Murray Avenue  
Pittsburgh, PA 15217  
412.421.6118

[info@ncjwpggh.org](mailto:info@ncjwpggh.org)  
[www.ncjwpggh.org](http://www.ncjwpggh.org)

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children and families.

### WOMENS SPORTS RESOURCES

#### ACL INJURY AND PREVENTION

The anterior cruciate ligament (ACL) is one of the most commonly injured ligaments of the knee. Most injuries occur in the young, athletic population. The ACL is injured when it sustains a force that exceeds the strength of the ligament. Learn more about ACL injuries in female athletes, including prevention resources, consensus statements and media coverage.

Go to [www.womenssportsfoundation.org](http://www.womenssportsfoundation.org) to learn more about ACL Injuries

Grade Your Newspaper  
Newspaper Report Card

Go to [www.womenssportsfoundation.org](http://www.womenssportsfoundation.org) to complete the report card for your local newspaper

Information obtained from Women's Sports Foundation.

### WOMEN'S SPORTS FOUNDATION

National Office  
Eisenhower Park  
1899 Hempstead Turnpike, Suite 400  
East Meadow, NY 11554  
p 516.542.4700, 800.227.3988  
f 516.542.4716

[Info@WomensSportsFoundation.org](mailto:Info@WomensSportsFoundation.org)

#### FAMILYLINKS

Downtown Outreach Center (412) 471-6160

### ALLEGHENY COUNTY DHS

Bureau of Hunger and Housing (412) 350-3837

### FINANCIAL PLANNING

#### FINANCIALEMPowermentWORKSHOPS/MICROENTERPRISE ASSET DEVELOPMENT INITIATIVE

Phone: 412-255-6749 Web: [www.ywcapgh.org](http://www.ywcapgh.org)

A series of financial literacy workshops is offered four times throughout the year. These workshops focus on setting financial goals, developing a budget, understanding and improving credit, and avoiding predatory lenders.

### FAMILY PLANNING SERVICES

Sharon: 724-981-6250

Greenville: 724-558-2272

Grove City: 724-458-8505

AIDS Service Program: 724-981-3670

STD Clinic: 724-981-6250

Workforce Development Global Alliance, Community Human Services  
374 Lawn Street

Pittsburgh, PA 15213

412.246.1600

[www.chscorp.org](http://www.chscorp.org)

### FOOD ASSISTANCE

#### SUMMER FOOD

(800) 851-3838

### HUNGER SERVICES NETWORK

Emergency Food Assistance Line (412) 681-1121

### FOOD STAMP OUTREACH & ENROLLMENT

(412) 681-1943

### WOMEN, INFANTS, CHILDREN (WIC)

(412) 350-5801

Assistance for pregnant women and low income families with children ages 0-5

### MEALS ON WHEELS

Home delivered meals for elderly or disabled (412) 350-5460 or (412) 734-9330

### FOOD BANKS

A complete list of the many food distribution points in the Butler area can be found at: [http://www.co.butler.pa.us/butler/lib/butler/aaof/food-cupboards\\_communitymeals.pdf](http://www.co.butler.pa.us/butler/lib/butler/aaof/food-cupboards_communitymeals.pdf)

### GOOD SHEPHERD CENTER, INC

724-588-2210; email: [GSC@svol.net](mailto:GSC@svol.net)

Food pantry, emergency shelter, free medical clinic, emergency referrals, growth opportunity seminars, hot meals, clothes closet & treasures retail store for Greenville area.

### GREENE COUNTY MENTAL HEALTH (MH) SERVICES

"One in five people are affected by mental illness!"

19 South Washington Street, Waynesburg, Pennsylvania 15370

724-852-5276; Toll free: 888-317-7106; Fax: 724-627-0785

Karen Bennett, Human Services Administrator

Dean Virgili, Mental Health Director

### HOUSING

Urban League of Pittsburgh

Housing Counseling, Pittsburgh (412) 227-4812

Housing Counseling, Allegheny County (412) 227-4804

Housing Authority, Pittsburgh (412) 456-5030

Housing Authority, Allegheny County (412) 355-8940

Housing Authority, McKeesport (412) 673-6942

Housing Urban Development (HUD) (412) 644-6428

### ACTION Housing

(412) 824-2444

## Legislative Offices

### PRESIDENT

#### Barack Obama

1600 Pennsylvania Avenue, NW  
Washington DC 20501  
Comments: 202-456-1111  
Switchboard: 202-456-1414

### VICE PRESIDENT

#### Joe Biden

1600 Pennsylvania Avenue, NW  
Washington DC 20501  
Comments: 202-456-1111  
Switchboard: 202-456-1414

### GOVERNOR

#### Tom Wolf

Phone-717-787-2500  
Fax-17-772-8284  
Governor's Correspondence Office  
508 Main Capitol Building  
Harrisburg, PA 17120

### LT. GOVERNOR

#### Mike Stack

Phone-717-787-2500  
Fax-17-772-8284  
Governor's Correspondence Office  
508 Main Capitol Building  
Harrisburg, PA 17120

### FEDERAL SENATORS

#### Casey, Robert P., Jr. - (D)

393 Russell Sentate Office Building  
Washington, DC 20510  
(202) 224-6324

#### Patrick J. Toomey (R)

United States Senate  
WASHINGTON DC, 20510  
DC Phone: 202-224-4254

### FEDERAL

### REPRESENTATIVES

Most of the 4th district was merged into a redrawn 12th district, and the previous 19th district was rebranded as the 4th. Republican Scott Perry represents the district

#### Keith Rothfus (R)

12th Congressional District  
Pittsburgh, PA 15237  
Phone: 412-837-1361

### STATE SENATORS

#### James R. Brewster (D)

Senate District 45  
Allegheny (part) and Westmoreland (part) Counties.  
(717) 787-5580

#### Jay Costa (D)

Senate District 43  
Allegheny (part) County.  
(412) 241-6690

#### Jim Ferlo (D)

Senate District 38  
Allegheny (part), Armstrong (part) and Westmoreland (part) Counties.  
(412) 621-3006

#### Wayne D. Fontana (D)

Senate District 42  
Allegheny (part) County.  
(412) 344-2551

#### Richard A Kasunic (D)

Senate District 32  
Fayette, Somerset (part), Washington (part) and Westmoreland (part) Counties.  
(724) 626-1611

#### Randy Vulakovich (R)

Senate District 40  
Phone: (412) 487-6600

#### Guy Reschenthaler

Senate District 37  
Allegheny (part) and Washington (part) Counties. Phone: (724) 942-7210

#### Timothy J. Solobay (D)

Senate District 46  
Allegheny (part), Beaver (part), Greene, Washington (part) and Westmoreland (part) Counties.  
TELEPHONE: (717) 787-1463

#### Elder A. Vogel Jr. (R)

Senate District 47  
Allegheny (part), Beaver (part) and Lawrence (part) Counties.  
(724) 774-0444

#### Kim L. Ward (R)

Senate District 39  
Westmoreland (part) County.  
(724) 600-7002

#### Donald C. White (R)

Senate District 41  
Armstrong (part), Butler (part), Clearfield (part), Indiana and Westmoreland (part) Counties.  
(724) 357-0151

### MEMBERS OF THE

### HOUSE OF REPRESENTATIVES

### MEMBER CAPITOL OFFICE DISTRICT OFFICE

#### CHRISTIANA, Jim (R)

District 15  
Beaver County (Part)  
(717) 260-6144 FAX: (724) 773-7802  
COSTA, Dom (D) District 21 P  
Allegheny County (Part) (412) 361-2040

#### COSTA, Paul (D)

District 34  
Allegheny County (Part) (412) 824-3400  
FAX: (412) 664-6420

#### DALEY, Peter J. (D)

District 49  
Fayette County (Part) (724) 379-5540  
Washington County (Part)

#### DEASY, Daniel J (D)

District 27  
Allegheny County (412) 928-9514

#### DELUCA, Anthony M. (D)

District 32  
Allegheny County (Part) (412) 793-2448

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