



# WOMEN'S YELLOW PAGES *of Greater Pittsburgh*

- ▶ BUSINESS DIRECTORY
- ▶ HOTLINES
- ▶ LEGISLATIVE GUIDE
- ▶ ARTICLES
- ▶ HELPFUL INFORMATION

*and More!*



READ ABOUT  
OUR COVER WOMEN  
ON PAGES 80-84.



# Bethany Hospice



Bethany Hospice was founded to provide the highest level of care to its patients. Bethany is a dedicated team of diverse individuals who are all committed to upholding the principles of hospice as outlined in our mission.

**To guide all those who have been touched in some way by a life limiting illness, offering a comprehensive approach to comfort care, and ensuring a dignified quality of life.**

Through our history, we have developed principles that guide our work towards fulfilling this mission.

## **Team Bill of Rights**

All members of the Bethany Hospice Team are committed to the following standards of excellence:

- Respect
- Honesty
- Integrity
- Communication
- Understanding
- Cooperation
- Professionalism
- Competence
- Accountability
- Unconditional Positive Regard

**Our staff is available to assist you 24 hours a day, 7 days a week, 365 days a year.**

**Want more information?  
Call us at 412-921-2209  
[www.bethanyhospice.com](http://www.bethanyhospice.com)**

10



Hello,

2016 will mark 10 years of publishing the Women's Yellow Pages (WYP) and 13 years for Women's Independent Press. This is one of the longest running women's publications in Southwest PA.'s history.

The goal has always been to celebrate and promote all women, their businesses and their accomplishments.

To those companies who have supported the Women's Yellow Pages for the last ten years,

**Thank You!**

Thanks for the informative articles -for helping to distribute the WYP and for helping to spread the word. A few have given their support with advice, lots of advice. I enjoy putting this book together and love to see the finished product. As for the future, we still have a great magazine that will continue to serve the Southwest PA area. Look for an updated magazine in the next year.

Thousands of this magazines are distributed each year. The readers are the people who support our advertisers, and we sincerely hope that you can always find the goods or services you need in the Women's Yellow Pages. Please support the companies that support us. And when you call one of our advertisers, tell them that you saw their ad in the Women's Yellow Pages. In honor of our 10th anniversary, I would like to give special recognition to some of our advertisers that have been with the WYP for a long time – some since the very beginning. Turn to the next page for some of those advertisers.

See you next year!

*Anna Marie*

Anna Marie Petrarca Gire  
Women's Independent Press/Women's Yellow Pages  
PO Box 9687-Pittsburgh PA. 15226  
412-563-6712/ wip@fastmail.fm / www.womensindependentpress.com  
www.theauthorszone.com



## DEDICATION 2016/2017

Thanks!

**Lori Walker** for lots of stuff ,**Marty Stahl** (Volunteers of America)  
**Ruth Byrd-Smith** (Minority Women Disadvantaged Business Enterprise)-

**Peg Hill** (Adjusting Entries)-**Diana Fletcher**(Author and Life Coach)-**Sandy Burkett** (Vital Signs) **JoAnn Forrester** (SI Business Solutions) **Dottie Coll** (Two Men and A truck)-**Yvonne Phillips** (Feng Shui)-**Teresa Conn** (Pittsburgh Passion)-

**Carmella Wehrle** (Notary in Your neighborhood)-**Grace Robinson** (State Farm)- **Bonnie DiCarlo**( Allegheny Investments, Ltd)**Joann Sciulli** (Cusumano Insurance)- **Patty Kaley** (Kaley Secretarial) **Joyce Kane** (Cybertary)

**Kathleen Schneider** (Attorney)-**Christine Haas** (Midwife Center)- **Karen Litzinger** (Litzinger Career Counseling) **Debra Dion Krischke** (Team Effort Events and Inspired Women)-**Connie Portis** (Sisters and Friends)-**Kathy Saldutte** ( Violet Bouquet)

**Melanie Salfin** (Your Medicare Choice)**Carol Mitchell** (Verland)

**Julie Ann Sullivan**(Mere Mortals Podcast) **Donna Baxter** (Soul Pitt) **Suzy Fiore** (ChaChing Jewelry) **Bernadette Collins** (Prudential Insurance) **Dana Brown** ( Pennsylvania Center for Women & Politics )**Rebecca Harris** (Center for Women's Entrepreneurship)

**Nancy Mramor** (Transformedia, LLC )**Joyce Falkner** (Red Engine Press) **Janet Bouma, Joanne Quinn Smith**

**PNC**, Beth Marcello- **Port Authority** Cameil Williams And **Beth Slagle** (Attorney)

**And to everyone who has ever advertised or picked up the Women's Yellow Pages, Thank you.**

**Have a great year!**

**All the best to you--**  
*Anna Marie*

### Who's Who

Everything, almost  
Anna Marie Petrarca Gire

#### Contributing Writers

Dr. Nancy Mramor, Ph.D  
Dottie Coll  
Karen Litzinger  
Yvonne Phillips  
Sven Hosford  
Bonnie DiCarlo  
Anne Fleming  
Mary Grace Mussenegi  
Connie Portis  
Amy Macklin, RDN  
Sandy Burkett  
Terese Jungle  
Lori Kashellack  
Bernadette Collins  
**Cover Design**

Schenker Design, Kathy Schenker  
412-854-5057

Consultants  
Renee Horner

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Women's Independent Press  
P.O. Box 9687  
Pittsburgh, PA 15226  
412-563-6712  
wip@fastmail.fm  
www.womensindependentpress.com

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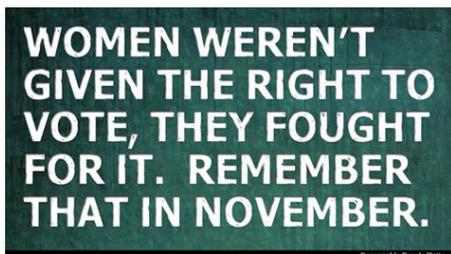


PENNSYLVANIA  
Center for Women and Politics

AT CHATHAM UNIVERSITY

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

*Mission: "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."*



**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

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.

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

**Political Firsts**

**1922**, first 8 women elected to State House (all Republicans):  
Sarah Gerturde MacKinney, Alice M. Bentley, Rosa S. DeYoung, Sarah McCunde Gallagher, Helen Grimes, Lillie H. Pitts, Martha G. Speiser, and Martha G. Thomas.

**1923-1928**, Representative Alice M. Bentley, first woman to serve as Speaker Pro Tempore.

**1932**, Anna M. Brancato, First female Democrat is elected to the state House.

**1995**, Sandra Schultz Newman is the first female elected to the Pennsylvania Supreme Court

**2008**, Lieutenant Governor Catherine Baker Knoll is the only woman to serve in a statewide executive office in Pennsylvania

**2012**, Attorney General Kathleen Kane is the first woman elected to this position.

**Information obtained from the Pennsylvania Center for Women & Politics | PCWP | Chatham University-[www.chatham.edu/pcw](http://www.chatham.edu/pcw)**

I

**ACCOUNTING  
ADJUSTING ENTRIES / BOOKKEEPING \***

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Valencia, PA 16059  
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*Turn over all of your bookkeeping to Adjusting Entries. We offer all phases of bookkeeping - everything from order entry thru financial statement. We also provide payroll and payroll tax services, personal bill paying and tax returns for individuals and businesses. Our clients tell us that we have provided them with peace of mind in knowing everything is done and done correctly. We BILL IT, we BOOK IT, we BANK IT for you. See our ad in the color insert. and our Tax Listing on Page 70*

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Anthony Beresford  
1622 N. Main Street Ext.  
Butler, PA 16001  
Phone: 724-841-0081  
Mobile: 412-577-8878  
Email: Anthony@AccountingforTaxes .com  
*Full service accounting and tax preparation for individuals and small businesses. Reliable and affordable tax planning and bookkeeping. CALL TODAY for a FREE half-hour consultation. See our ad on page 70*



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AARDVARK ADAPTIVE MODIFICATION**

Roy Miller  
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Phone: 412-406-7300  
Mobile Phone: 412-841-6483  
Fax: 412-406-7289  
Email: roymilco@usaor.net  
Website: www.aardvarkadaptive.com  
Aardvark Adaptive Modifications is a construction company dedicated to improving the lifestyle, independence and safety needs of the elderly and disabled. Offering complete in-home and work environment project management starting from concept and design through construction..  
*See our ad on page 8*

**ADDICTION COUNSELING  
POWER**

*POWER helps women reclaim their lives from addiction through trauma-informed programs including residential and outpatient treatment and peer recovery support. If you need help or know of a woman who would benefit from POWER'S services, please call the POWER line at: 412.243.8755 or visit www.power-recovery.com See our ad in the color insert*

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Phone: 412-319-7756



Email: pkaley@kaleyservice.com  
Web: www.kaleyservice.com  
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**ADVERTISING**

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KELLY FROST**

P.O.Box 513  
South Park, PA 15129  
Phone: 412.653.3272  
k.frost@inspiringlivesmagazine.com  
www.inspiringlivesmagazine.com

With opulent photography gracing the pages, each issue of Inspiring Lives Magazine offers captivating stories and empowering ideas imprinted with Dr. Shellie Hipsky's vision on:

- business and finance
- art and film
- books and music
- relationships and self-discovery
- fashion and beauty
- food and drink
- health and wellness

Emphasizing entrepreneurship and personal growth, this magazine inspires, encourages, and instructs, addressing every facet of a woman's life—the spiritual, the intellectual, the emotional, and the physical.  
*See our ad in the color insert*

**ADVOCACY AND EDUCATION**  
**YWCA CENTER FOR RACE AND GENDER EQUITY**

305 Wood St.  
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 Phone: 412-255-1270  
 Website: www.ywcapgh.org  
*The Center provides educational programs to encourage racial justice and equity, and leads the YWCA's advocacy and research efforts.*



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 Email smccoy@abigailstyle.com  
 WEBSITE www.abigailstyle.com  
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**ALL PRO APPLIANCE REPAIR \***

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*Abigail Style*

---

Stephanae V. McCoy  
Abilities Crusader

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Sewickley, PA 15143  
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www.abigailstyle.com

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 3421 Butler Street  
 Pittsburgh, PA 15201  
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 www.theframerypgh.com  
*Friend us on Facebook!*  
*"Art is either plagiarism or revolution," Gaughin.*  
**WE FRAME BOTH**

**UJAMAA COLLECTIVE \***

1901 Centre Avenue, Suite 100  
 Pittsburgh, PA 15219  
 Phone: 412-228-5160  
 www.ujamaacollective.org

*Art is an elastic sort of love.*  
 ~~~~Josephine Baker

**ART GALLERY**  
**GALLERIE CHIZ \***

5831 Ellsworth Avenue (Shadyside)  
 Pittsburgh, PA 15232  
 www.galleriechiz.com

**ATTORNEY**  
**LAW OFFICES OF KATHLEEN D. SCHNEIDER \***

Kathleen D. Schneider, JD, CPA  
 Regent Square Professional Bldg.  
 1227 South Braddock Avenue  
 Pittsburgh, PA 15218  
 Phone: 412-371-8831/412-371-1900  
 www.kdschneiderlawoffice.com  
*Ms. Schneider, an attorney and CPA, maintains a general law practice in Pittsburgh's Regent Square neighborhood. Her practice includes tax preparation and representation, divorce/family law, including mediation and collaborative (no-court) divorce, adoption, gay/lesbian issues, wills, powers of attorney, estate planning and administration, real estate, bankruptcy and small business start-up services. See our ad in the color insert*

*Informing Women about Our World!*



**WOMEN'S**  
Independent Press

www.womensindependentpress.com



**RICHARD DUCOTE PC  
ERICA BURNS, ESQ**

4800 Liberty Avenue, 3rd Floor  
Pittsburgh, PA 15224  
Phone: 412-687-2020  
Fax: 412-687-2009  
Email: ducotelaw@aol.com  
Website: ducotelaw.com  
*Law firm representing abused women and children in family court cases.*

**Beth A. Slagle, Esquire**

Direct Dial: 412.456.2890 | Direct Fax: 412.456.3294 |  
bas@muslaw.com  
Meyer, Unkovic & Scott LLP | Henry W. Oliver Building |  
535 Smithfield Street, Suite 1300  
Pittsburgh, PA 15222-2315 | T 412.456.2800 | F  
412.456.2864  
www.muslaw.com  
See our ad in the color insert

**WOMEN'S  
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Safeguarding Rights, Creating Opportunities

*Advancing the rights and status of women through high-impact litigation, advocacy and education*

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Fax- 724-327-6294

Valerie@dayfleet.com

See my ad in the color insert

**AUTO REPAIR AND TIRES**

**CALABRO TIRE & AUTO SERVICE \***

1476 Bower Hill Road

Upper St. Clair, Pa. 15241

Phone: 412-221-4300

www.calabrotire.com

\* - Women-Owned Business

*Did you know?*

That women purchase more than 65% of all new vehicles and are a decisive influence in 93% of all vehicle purchases, according to Road And Travel Magazine's market research?

That safety, comfort, practicality and value are top priorities for women car buyers, experts say?

That women made up nearly 19.1% of automobile dealers and only 25.5% other motor vehicle dealers in 2010?

That CNW Marketing Research found that 47.3% of women car shoppers prefer female dealers, while 38.5% have no preference?

That women also seem to be a bit more hesitant about negotiating the price, with 68% of women talking numbers with the dealer, as opposed to 76% of men?

**MJ AUTOMOTIVE SERVICE CENTER LLC**

2600 Pioneer Avenue

Pittsburgh, PA 15226

Phone: 412-531-9909

Car Care Center

*Excellence In Service: Our Motto, Your Guarantee*

*"Sometimes it takes looking at the past to really be able to move forward and learn from it."*

*~~~~Danica Patrick*

**ROY MILLER**  
General Manager



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## PENNSYLVANIA CAMPAIGN for WOMEN'S HEALTH

### **Calling on PA Lawmakers to Close Gaps in Equal Pay Law Pennsylvania's equal pay law has too many gaps and is too weak to be effective.**

While gender wage gaps persist across the country, Pennsylvania women are worse off than the national average. Without simple corrective policies that close gaps in current equal pay law, American women, on average, will not achieve equal pay until 2058.

Pennsylvania women, however, are not on track to earn equal pay until the year 2072.

April 12 symbolizes how far into this year women must work on average to earn what white non-Hispanic men earned in the previous year. To mark this unfortunate occasion, advocates from across the state of Pennsylvania are heading to the Capitol in Harrisburg to call for equal pay for equal work.

"The pay gap is not a myth, it's math," says Dot McLane, President of the American Association of University Women of Pennsylvania. "As AAUW's research has shown, women of every race and ethnicity experience a gender pay gap, beginning even one year after college graduation."

Pennsylvania recently held the first public hearings on the subject of equal pay in more than 50 years after several bills to close the gaps in current law were introduced. Unfortunately, despite abundant evidence of the gender wage gap discussed during those hearings, the bills (HB 1160 – Sims/Davis and SB 303 – Teplitz/Williams) have been left to die of neglect in Committee. The current law has not been updated since 1967, when it was amended to reduce the number of Pennsylvanians to whom it applied.

"It's time for a stronger equal pay law," said Rep. Brian Sims (D-Philadelphia). "Pennsylvania women are paid on average 54 to 83 cents for every dollar a man makes, depending on which county they live in. Equal work deserves equal pay. Anything less is unacceptable."

Sen. Rob Teplitz, (D-Dauphin/Perry), said, "Wage inequality and pay secrecy are not only a detriment to working women, but to families. Women make up half of our workforce, and many Pennsylvania households are headed by women, so improvements to the pay equity law not only impact women, but their families as well."

We have the information we need to correct this problem, but where is the political will?

Pennsylvania's current equal pay law is too weak to be effective. Yet, the Pennsylvania Legislature has so far refused to bring any corrective bills out of committee for a floor vote—while also refusing to move bills that would raise the minimum wage, a bill that would prevent pregnancy discrimination in the workplace, and another that would help ensure nursing workers have a private, sanitary space to express breast milk.

"House Bill 1160, the equal-pay legislation, should be at the forefront of everyone's legislative efforts," said Rep. Tina Davis (D-Bucks). "It is unacceptable that the effort to provide economic opportunity and equality is allowed to wallow in committee for almost 11 months. Let's get House Bill 1160 out of committee and to votes before the House and Senate."

By refusing to support working women, the Pennsylvania Legislature is refusing to enable women to support their families.

These bills are also supported by the PA Campaign for Women's Health, a growing coalition of more than 50 local, state and national organizations calling for real solutions to real problems faced by Pennsylvania women.

For more information, go to [aauw-pa.aauw.net](http://aauw-pa.aauw.net) and [www.pa4womenshealth.org](http://www.pa4womenshealth.org). Contact Toni Hoffman at [aauw-papp1@gmail.com](mailto:aauw-papp1@gmail.com) and Tara Murtha at [tmurtha@womenslawproject.org](mailto:tmurtha@womenslawproject.org).



**1966 to 2016:  
50 Years of Women and Cars from A to Z Historic Events and Cultural Shifts**

Reflecting back on 50 years of history of women and automobiles is a great way to see the huge industry and cultural shifts that have taken place in five decades. Here are a few of the trends and events that changed the marketplace and perceptions.

By Anne Fleming

[www.women-drivers.com](http://www.women-drivers.com)

To read the whole A to Z article go to---

<http://women-drivers.com/1966-to-2016-50-years-of-women-and-cars-from-a-to-z-historic-events-and-cultural-shifts/>

**A** -Automatic transmissions: One major “shift” in cars over the last 50 years is the advent of widespread acceptance of automatic transmissions. Automatic transmissions became an obsession in the 1950s. Raphael Orlove, in the blog Jalopnik, said that the 1950s were “gadget-obsessed” and cars became equipped with pushbuttons for everything from headlight dimmers to air suspension. Detroit’s marketing choice was to tout that automatic features made it easier for women to drive. David Garman, author of Auto Opium: A Social History of American Automobile Design, quoted from a 1957 article in General Motors Engineering Journal in which Harley Earl said he “credits women with inspiring increased beauty in car interiors, for the rapid growth of power accessories.” Orlove posits that power-saving devices fell into a woman’s domain, and even if a man wanted the ease of use, he could say his wife was the driving force for the automatic features. Regardless of the reasons, automatic transmissions made it simpler and often times safer to drive, which would especially appeal to busy women with families.



**Anne Fleming**  
President & Car Buying Advocate  
P: (888) 862-2106



**M**-Minivan: The minivan (see Lee Iacocca) has had a varied reputation over time, being designated as the vehicle of choice for “soccer moms.” Still, the minivan had what it takes to drive the kids around and carry all of the various gear that goes along with those kids. The crossover SUV entered the scene a few decades later, promising a better image. Still, the minivan reigns as the smallest vehicle with the most (and most comfortable) seating for up to eight passengers.

**Mobile devices:** Even though mobile phones for vehicles were first put in use in Sweden in 1956, it took several more years to be adopted in the United States. Finland launched a system in 1971. It wasn’t until 1983 that the first analog cellular system was deployed in North America. In the 1990s, digital cellular networks took hold and gradually came into widespread usage. Smartphones followed, allowing text messaging and mobile data. According to Statista, there were an estimated 190.5 million smartphone users in the United States. That number is expected to rise to 236.8 million by 2019. Mobile devices provide women and families with security as well as safety, and immediate access to information about car dealers.

**Z**-Zero-emission vehicle (ZEV): Zero-emission vehicles are those that don’t emit any tailpipe pollutants. As more of these vehicles become available, they will have broad appeal to women and families that are looking to reduce pollution caused by petroleum powered vehicles. According the HowStuffWorks.com, the Environmental Protection Agency (EPA) reports that 75% of the carbon monoxide pollution in the U.S. is caused by motor vehicles.

**BABY NURSING ACCESSORIES**

**BALZER'S BLANKET LLC \***

3472 Perrysville Avenue  
 Pittsburgh, PA 15214  
 Phone: 412-773-1296  
 Cell: 412-773-1296  
 Fax: 412-904-1647  
 Email: help@balzersblanket.com

*Balzer's Blanket LLC: Balzer's patented multi functional made in the USA nursing blankets are for personal privacy, security and comfort while breastfeeding anywhere. We also carry patent pending dispensable disposable nursing covers See our ad on this page.*

*"Middle Age - When you want to see how long your car will last instead of how fast it will go."*



**BASKET WEAVING**

**BASKET CREATIONS \***

*See our ad on page 12*  
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 St. Athanasius Community Center  
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 website: www.osbpgh.org  
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\* - Women-Owned Business

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 Website: www.wnterprisebankpgh.com  
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 Women's Business Development  
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**BEADS**

**CRYSTAL BEAD BAZAAR \***

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 www.crystalbeadbazaar.com  
 4521 Butler Street  
 Pittsburgh, PA 15201  
*Located in Lawrenceville's 16:62 Design Zone Beads and Findings from around the globe*



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 marcialiggett@yahoo.com  
 www.youravon.com/mliggett8513  
*Avon is committed to helping women achieve their personal and career goals, and is the largest corporate sponsor of breast cancer / domestic violence awareness.*

**Nikki's Magic Wand**

**Nikki Narvaez Manns\***

*Nikki's Magic Wand is a cosmetic tool designed to retrieve all left-over product/make-up from small tubes and containers. It can be purchased: www.nikkismagicwand.com, Amazon.com, QVC.com, Anthropologie.com nikki@nikkismagicwand.com 412-901-1908*



## BODYWORK

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Jude Goldstein

Phone: 412-235-1549

judegoldstein@yahoo.com

*Rosen Method uses talk, touch and compassionate awareness to release muscle tension, free the breath, open the heart - to let go of emotional and physical holdings - to return to wholeness.*



## BOOK AWARDS & WRITERS

### CONFERENCE

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The Place Where Authors Gather to Meet and Learn- Empowering Authors-Providing Connections for Success Join us for the yearly Author Awards Ceremony and Writers Conference. Details will be announced on the website.

www.theauthorszone.com

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412-563-6712

https://www.facebook.com/authorszone/?fref=ts#

See our ad in the color insert

## BOOK STORES

### JOURNEYS OF LIFE \*

810 Bellefonte Street

Pittsburgh, PA 15232

Phone: 412-681-8755

www.JourneysofLifeOnline.com



## BREAST HEALTH

### YWCA GREATER PITTSBURGH ENCOREplus PROGRAM

6907 Frankstown Avenue

Pittsburgh, PA 15208

Phone: 412-365-1915

Website: 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.*



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by Sister Donna Wojtyna O.S.B

Inspire your creativity and renew your spirit.

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Pittsburgh, PA 15229  
412.592.5654

djwoodreed@gmail.com  
www.osbpgh.org



## BUSINESS DEVELOPMENT

### BUSINESS DEVELOPMENT/DISABILITY RESOURCES



Volunteers  
of America  
PENNSYLVANIA

#### VOLUNTEERS OF AMERICA OF PENNSYLVANIA

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

### BUSINESS DEVELOPMENT

#### Inspiring Lives Magazine\*

##### Shellie Hipsky

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South Park, PA 15129

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 Fax: 412-350-4915  
 Email: [mwdbes@allegheycounty.us](mailto:mwdbes@allegheycounty.us)  
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- \*Business Size Determination-** A firm must be a small business as defined by SBA standards. It must not have annual gross receipts over \$23.98 million in the previous three fiscal years (\$56.42 million for airport concessionaires in general with some exceptions).
- \*Personal Net Worth-** Only disadvantaged persons having a personal net worth of less than \$1.32 million can be considered as a potential qualified DBE. Items excluded from a person's net worth calculation include an individual's ownership interest in the applicant firm, and his or her equity in their primary residence.
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*For additional information, please go to the Allegheny County Department of Minority, Women and Disadvantaged Business Enterprise at [www.allegheycounty.us/mwdbes/index.aspx](http://www.allegheycounty.us/mwdbes/index.aspx) or call (412) 350-4309.*

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**DID YOU KNOW?**



**Ada Lovelace** was the daughter of Lord Byron. Fearful that Ada might become a poet like he was, her mother, Lady Byron, had her tutored almost exclusively in mathematics.

But Ada Lovelace saw the poetry in math. When she was 17, she traveled to a London salon and met Charles Babbage. He shared his plans for a machine that he believed would be capable of solving complex mathematical calculations. He asked Ada Lovelace to write about his work for a scholastic journal.

Included in her vision was a computer (that) can do anything that can be noted logically. That included not just numbers but pictures and words, even music. She understood how an instruction set could be taken and loaded into the machine, and even used Bernoulli numbers - an incredibly complicated sequence - in her programming as an example.

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**Q: What are your recommendations for setting priorities?**

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**Q: What are three key considerations for monitoring and maintaining the effectiveness of a social media communication strategy?**

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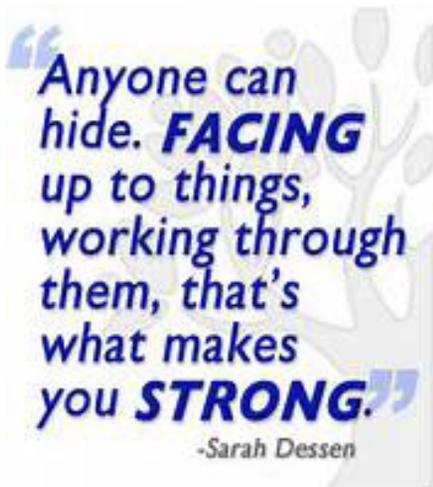
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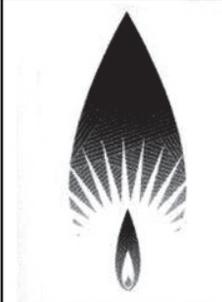


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**PREPARATION STARTS WITH INFORMATION**

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



Your parents were there for you when you were born. They've been with you through the most important achievements of your life. Now it's your turn to show them that they can count on you. As your parents get older, they may need help making decisions. When you volunteer to become a representative payee, you're supporting your parents and their future.

A representative payee is someone who receives Social Security or Supplemental Security Income (SSI) payments on behalf of a person not capable of managing the funds on his or her own. As a representative payee, you would make sure your parents' basic needs are met by using the money to provide them with food, clothing, and shelter. Any leftover money goes into an interest-bearing account or savings bond for your parents' future needs. You're responsible for keeping records of expenses, and we request yearly reports to see how you've used or saved the benefits.

Other representative payee duties include knowing your parents' needs so you can decide the best way to meet those needs with the benefits provided and telling us about any changes that may affect your parent's eligibility for benefits or the payment amount.

If your parents receive Social Security or SSI benefits and are unable to manage their finances, or you think that may be the case in the future, take the time to become familiar with the responsibilities of a representative payee and consider becoming one.

To learn more about becoming a representative payee, you can read our publication, A Guide for Representative Payees, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs) and visit the webpage, "When People Need Help Managing Their Money," at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee). Or, call us at 1-800-772-1213 (TTY 1-800-325-0778) to request an appointment.

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## **STARTING OUT? STARTING OVER? START HERE.**

By Mary Grace Musuneggi

Are you a recent college graduate? A newlywed? A new parent? Starting your first job?

Are you divorced, widowed, out there on your own? Would you like to start a business? Have you changed jobs or careers?

Then you probably wish that you had help, advice and professional assistance with the many financial decisions you will need to make. I know from personal experience how important it is to get help with life's challenges and changes. I have been married, widowed, and divorced. I have been a single parent. I changed careers a number of times until I started my own firm. And I know my success has always been tied to the level of support I received when I needed it most.

I learned early about the importance of getting professional help. Many years ago, when I purchased my first home, I also purchased its metallic orange, black and silver wallpapered bathroom. I knew right away I needed to get rid of that wallpaper. But money was tight and I didn't want to spend too much doing it. So I decided to do it myself. After all, how hard could it be? I was an intelligent, well-educated person. I thought I was capable of doing anything.

But after three days of stripping, measuring, cutting, and hanging, the bathroom had gone from ugly to frightening. It became blatantly apparent that I had no talent for this kind of work. Everything I could have done wrong, I managed to do wrong. In the end I called a professional, and she charged me twice as much to undo the damage I had done.

This experience taught me some valuable life lessons:

#1: The cheapest way is not always the best way.

#2: Being intelligent means being smart enough to know what you don't know.

#3: Talent, expertise, knowledge, and experience are invaluable tools that are worth paying for.

Most people who avoid working with a professional financial advisor think they can't afford to. There is a common assumption that financial professionals are looking for clients with \$100,000 to invest or a million dollar retirement rollover. But that's simply not true. After all, most people have financial needs and concerns long before they have any big investment. Where do they go? What do they do?

This is where our financial coaching program "Starting Out/Starting Over" comes in. We've designed "Starting Out/Starting Over" to be affordable for anyone. The fee structure works like a gym membership or movie subscription, and the program provides assistance with budgeting, financial literacy, debt management, and investing 101. "Starting Out/Starting Over" also connects you to an advisor who is available to help you make wise financial decisions.

Whether you're starting out or starting over, it's worth learning more about this unique program to see if it's a good fit for you. (It also makes a great gift for graduations and weddings!)

***Mary Grace Musuneggi is Chairman and CEO of The Musuneggi Financial Group, one of Pittsburgh's fastest growing financial firms. Reach her at 412-341-2888 or [info@mfgplanners.com](mailto:info@mfgplanners.com). To learn more about how The Musuneggi Financial Group helps clients every day, visit [www.mfgplanners.com](http://www.mfgplanners.com).***

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*From Debra Krischke*

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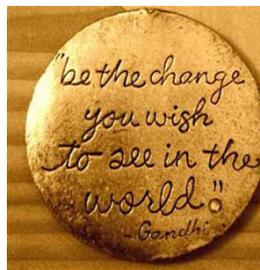
Inspired Women Paying it Forward is open to anyone who is interested in combining forces with like-minded women who've agreed to make a quarterly donation of only \$100! The impact will be significant for the one Women's 501(c)3 Charity nominated and selected by the memberships' majority vote each quarter.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

Collective Giving – Collective Impact! 100% of every check Goes Directly to the selected non-profit! In 2016 after receiving a grant, new members donations were doubled!

*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 Debra Dion Krischke at 724-935-6100.*

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**HOW DO WE PAY IT FORWARD?**



This isn't a new concept, the idea been around for centuries. However, the phrase might have been first used by Lilly Hardy in her 1916 book, *Garden of Delight*, according to Wikipedia. The idea is that when someone does something nice for you, you return the favor by doing something good for another person.

We can accomplish this by actively looking for opportunities to help someone. Paying for groceries in the checkout line, helping a neighbor with lawn work or house repairs.

Be attentive and seek out people you don't know and make the gesture something that has some significance. Don't expect anything in return. If the person wants to repay you, let them know that they can "pay it forward" by doing something nice for someone else. This kindness might spread more goodness in the world, one person at a time.

Pay it forward. When you notice the that somebody has done something nice for you, make a note in your mind to practice three acts of kindness towards other people.

A simple gesture to spread good will



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As a financial consultant and growth management specialist, JoAnn specializes in helping small businesses grow and prosper.

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When Erica was a young woman, a boyfriend introduced her to drugs and she became addicted. She stopped going to work and stopped being there for her daughter. Eventually, Erica found POWER and changed her life. Today she has 24 years in recovery and is going strong.

Like Erica, there are more than 1,200 women who come to POWER each year to begin the journey of recovery and change the course of their lives. Thank you to all of the friends and supporters of POWER who continue to give help and hope to women in recovery.

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**ON GRATITUDE AND PAYING IT FORWARD  
A TRIBUTE TO WOMEN HELPING WOMEN EVERYWHERE**

BY: TERESE JUNGLE



More than an article, this is a simple letter of thanks to a community of women who were there for me during a time of growth and transition. As part of a long career in graphic design, I had the pleasure of teaching thousands of students for 10 years. And then I was laid off. Because of my experience, a dynamic skill set, and a great resume, I was sure another position would open fast. Then six months passed. During that time, I did a lot of soul searching in addition to job searching and finished my children's book—Chicken: A Comic Cat Memoir—finally finding the words to describe it as “a soulful expression of the love between cat and person as it collides with the powerful tide of family, friends, loss, and the invisible forces that connect us.”

When a few more months passed and my dream job didn't materialize, I connected with some local organizations that made all the difference: **The Chatham Center for Women Entrepreneurship**, **Whetstone Work Group**, and **The Center for Women**. Through these creatively caring organizations I was able to network with other women who were having similar experiences or were in other kinds of positive transitions such as starting a new business. These organizations fueled me with hope, inspiration, mentoring (shout out to Patricia Malinowski!), workshops, education, speaking opportunities, friendship, and—though some of it of the tough variety—a whole lotta' love. **Bonnie DiCarlo** was not only a financial consultant but has become an inspiration and friend. **Karen Porier's (Keboworks marketing)** advice and **Karen Santelli's (Victory Copy)** brilliant writing and editing saved the day.

Whetstone Work Group (the only local co-worker space offering child care) provided not only affordable office space but the wit, wisdom, and talent behind its doors was dazzling. These organizations helped connect me with other women who needed design and branding services and led to some wonderful new projects. And as I write, I'm happy to say I begin full-time teaching again with excitement to begin a new chapter of sharing what I've learned along the way.

**It's never to late to re-invent and pay it forward. Support women-owned businesses!**

Contact Terese for design and branding: [tjungle@tjungle.com](mailto:tjungle@tjungle.com) or 412.417.6329. To learn more about or buy the graphic memoir Chicken: A Comic Cat Memoir locally, go to [www.ChickenTheCat.com](http://www.ChickenTheCat.com) where local book shops are listed as well as online links

*Women's Yellow Pages  
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## ROCK YOUR LIVING SPACE WITH FENG SHUI

By Yvonne Phillips



Most of the time, your living room is also the “company” entertaining space. The family room is usually your family hang out space. When looking at your living room area, remember that this area is creating your reputation with others you are entertaining. Therefore, if the Feng Shui of the space isn't very good, it affects your relationships.

The best shape for your living room should be a regular shape, either a square or a rectangle. If your only option is an L shaped or irregular shape you must fill in this space to complete a well maintained Feng Shui room. You can do this by adding “more space” with mirrors.

Here are some Feng Shui Tips:

Utilize the elements, water, fire, metal, earth and wood in the corners of the room. You don't have to use all of them within the space, just a symbol in the area will work fine. For example, the water element that is located in the South will support your career.

When you have corners that protrude into the room, add tall plants to diffuse this negative energy.

Check out your artwork to make sure that it is a symbol of positive energy. You wouldn't want a picture of a large, aggressive animal in this space as it would sublimely create discomfort in the room.

Lighting is very important to keep a “yang” energy with in the room to keep conversations lively.

If you are looking to bring more wealth into your home, this is the space to work the Feng Shui magic.

Place items that symbolize wealth coming into your home in the far left hand corner of the space. Combine the color of purple in your décor and it will also enhance the prosperity in this same space.

You can also place the colors of the elements, red (fire), blue (water), green (wood) yellow (earth), silver (metal) within your décor on a coffee table. You can easily add these colors with candles on a tray or colored glass in a bowl.

Make your spaces work for you and your family by utilizing some of these tips and you all will realize the benefits of Feng Shui.

*Yvonne provides professional assessment to your home or office and call be reached at 412-215-8247 or yvonnephillips1@aol.com Please check out [www.fengshuiabc1.com](http://www.fengshuiabc1.com) for more articles.*



## WOMEN AND INVESTING: FINDING THE EXTRA \$\$\$ TO SAVE

Many American women spend less time in the full-time workforce, as they juggle family and work responsibilities. Multiple demands on their time and money mean they may have fewer opportunities to accumulate pensions and retirement savings. And despite some progress, women generally still earn less than men in comparable positions. They also live longer than men. This is not a good combination for creating financial security in retirement. Overcoming these odds takes an attitude shift that makes saving for the future a priority, a plan of attack with defined goals, and the discipline to stick with it.

### Refocus Your Priorities

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\*Have your paycheck deposited directly into your bank account and set up automatic monthly deductions for investment accounts if you can. Although automatic deductions make it easy to stay on track, please remember that they do not assure a profit or protect against a loss in declining markets.

\*Shop around – for a car, a mortgage, shoes for the kids. Don't pay more than you have to. Negotiate on everything – you may be surprised to find you can pay less for things, just by asking for a deal. Re-use, recycle, repair whenever possible.

\*Borrow instead of buy. Your public library is a great source for free books, magazines, music and movies.

\*Re-examine your monthly accounts for phone bills, television, Internet access, cell phones, and more. Are there cheaper alternatives? Investigate using a package of services from just one provider with a single, consolidated smaller bill.

\*Simplify your life. Sell unused furniture, cars, clothes, jewelry, books, toys and household items. Yard sales and online auction sites have taught us that there is a buyer for virtually anything.

\*Invest, rather than spend, any windfalls you may get, from lottery or gambling winnings, bonuses, gifts, income tax refunds, inheritances, or yard sale profits.

+Consider raising the deductibles on your insurance coverages. Your premiums will be less, and you can invest the difference.

### \*Discipline Makes the Difference

Start small – don't try to accomplish everything all at once. Educate yourself about saving, investing – and financial strategies. See a financial professional to help get started right, and then stick to your strategy and revise it as your situation changes.

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For more information, contact Bernadette Collins, LUTCF – a Financial Professional with The Prudential Insurance Company of America's Keystone Mountain Agency located in McMurray, PA. Bernadette Collins can be reached at (412)628-3463. Offering insurance and securities products and services as a registered representative of Pruco, and an agent of issuing insurance companies. 1-800-201-6690.

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**Bonnie DiCarlo**

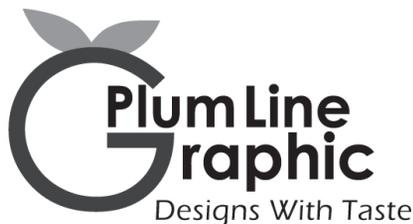
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I was talking to my friend and business partner JoAnn Forrester, and asked her what she thought women should know -and maybe don't. So this column is not about investments, or financial planning, or stocks and bonds. Following are four things we should all take seriously.

1. Most of us will live to be 80 or 90 years old. Can we afford it? Start saving immediately.
2. No matter how young you are, you should have a will and a designated Power of Attorney. Catastrophes do happen at all ages. Call an attorney today.
3. Consider which charity deserves your consideration. Write a check today. And MAIL it! Tithing is so important to our social witness
4. Be kind. The Business & Professional Women's Collect says it best: "It is the little things that create differences; In the big things of life we are at one." Reach out and make new friends.

Have a year full of laughter, prosperity and peace. And don't forget to make that phone call.

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**WHAT IS REAL CONSCIOUS EATING?**

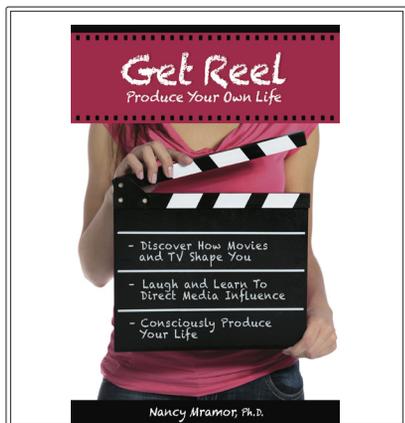


Real Conscious Eating is an awareness of what you eat, how much you eat, what goes on in the body during eating that predicts how much you will eat, how you feel when you eat and what motivates you to eat. Awareness is followed by a process of change that results in making the best choices for you, mind, body and spirit. So what happens when you eat and why is it important to know? You see and smell food. The smell receptors in the mouth call up memories of past meals such as Sunday breakfast, a favorite lunch, dip and chips at a football game. The memories entice you and so you take a bite. As the food reaches the stomach, a spike in insulin occurs. Fats and nutrients send hormones to the brain (hypothalamus) where the brain decides when you are full. A number of biological processes occur during this time until you feel full, but there are ways to get you to feeling that awareness of being full even sooner. Some things that get in the way of accomplishing conscious eating are early childhood food experiences, your culture, emotions, an urge for variety and force of habit. As a result, you are likely to eat 92% of what is on your plate regardless of portion size. And changing your behavior is challenging because once the pleasure centers in the brain recognize certain foods as tasty and rewarding, those centers continue to see those foods in a positive way, even once you decide to restrict them in your diet. But there are factors that you can adjust to master all of those challenges!

- Find ways to interrupt eating patterns before they start. So if you tend to stop at the doughnut shop on the way to work, take a different route. Or if you are likely to eat more when you eat out, ask for a half portion for dinner and a half portion to go.
- Eat mindfully so that you know when you are satisfied and stop when you are full.
- When you have a craving, don't feed it. The pleasure centers will become less compelling so you eat less of the craved food. The less you feed the pleasure centers the less powerful they become and the more powerful you become.

**To become a more conscious eater, ask yourself these Conscious Eating Questions:**

- How much are you eating?
- What are you eating?
- When are you eating?
- How emotional is your eating? Would you benefit from anchor breaking and pattern interruption?
- Are you a stress eater?
- What does it feel like when you are having a stress craving and how is that different from your usual hunger?
- Who on your "Inner Committee" is making your decisions about food?
- Is there another factor that sabotages your eating?
- Which question raised an issue that you would like to resolve?



*Nancy Mramor Ph.D. is a licensed clinical, media and health psychologist, specializing media and technology and how impact you and your health. She has been featured on over 350 television, print and radio placements including CBS, NBC, ABC, PBS, Fox, MSN, Washington Post, Los Angeles Times, Women's Health, Men's Health, Huffington Post and many more, and as an adjunct faculty member of five universities.*

**Contact Dr. Nancy at [drnancy@drnancyonline.com](mailto:drnancy@drnancyonline.com) and see her library of articles and tips at [www.realconsciousliving.com](http://www.realconsciousliving.com)**



**Medical Cannabis in Pennsylvania  
How a Group of Mothers Took on the Capital and Won,  
and Why all Mothers Benefit Now**  
By Sven Hosford

On April 17, 2016, Pennsylvania Governor Tom Wolf signed the Pennsylvania Medical Marijuana Act, flanked by a group of grateful mothers of children with intractable medical conditions. In 2013, these grassroots lobbyists embarked on a political initiative, the Campaign 4 Compassion (C4C), fueled by emerging medical science and personal conviction. Many consider their relentless pressure on lawmakers as key to final passage after years of hard work by many people.



***On April 17, C4C leaders were front and center as Gov. Wolf sign SB3: Lolly Bentch Myers (left), Diana Ulrich (right) and Heather (standing) and Hannah Shuker. Today, Lolly is a frequently sight in the Capitol, Diana has been selected to the Medical Marijuana Advisory Board, which will oversee the DoH, and Heather is an executive with the Pennsylvania Medical Cannabis Society.***

The State Department of Health (DoH) is currently defining regulations for grower/processors, dispensaries and physicians. In the interim, a Safe Harbor provision allows minors to use medical cannabis obtained in another state, though crossing a state border with cannabis is a Federal offense.

Many parents, however, are willing to take the risk. Heather Shuker's thirteen-year-old daughter Hannah has severe intractable epilepsy, which can cause hundreds of seizures a day. Whole plant medical cannabis was Hannah's last viable medical treatment option to stop her seizures and give her a better quality of life. Heather knows this far too well. Three years ago, Hannah's condition digressed to the point that physicians discussed the option of hospice care. Heather, in full mama-bear mode, simply refused that option. She instead obtained a (then-illicit) medical cannabis oil. Hannah responded immediately when the oil was placed under her tongue. Although she still has regular seizures, they occur less often, and Hannah occasionally enjoys a seizure-free day.

Pennsylvania's law is considered very patient friendly, with 18 qualifying conditions, including epilepsy, PTSD, sickle cell, and autism. The DoH has formed a physicians working group staffed by prominent medical providers, including UPMC and Allegheny Health Systems. With the sixth largest population, progressive legislation, and well-informed physicians, Pennsylvania could have the most efficacious medical cannabis program in the nation when dispensaries open in early 2018. Until then the mothers of C4C, and all PA parents, can provide their children with safe, legal medical cannabis.

***C4C's website is Campaign4Compassion.com.***

***The Safe Harbor certificate request is available on the DoH website: [www.health.pa.gov](http://www.health.pa.gov)***

***Sven Hosford is Media Director for Pennsylvania Medical Cannabis Society, a non-profit industry organization that supports license seekers, medical professionals, ancillary businesses, patients (especially veterans), and anyone looking for factual information on PA's newest emerging industry. Visit [PAMCS.org](http://PAMCS.org) for more information.***

## BECOMING UNSTUCK

by Lori A. Kashellack



Lao Tzu, the father of Taoism once said, "If you do not change direction, you may end up where you are heading." I find this statement to be absolutely true in all aspects of life, especially when it comes to health. Changing the direction our health is headed in takes time, knowledge, and dedication.

So why do we so willingly give everything we have to our career, to our family, and to our relationships, but somehow accept our declining state of health as a mere product of aging?

Complacency becomes part of our daily life more than we care to admit. By mid day we mask our fatigue with that 2nd and 3rd cup of coffee and often give in to heavy carb or sugar cravings that only end up causing us to crash. And then we wonder, "Why am I so tired today?"

As we become stuck in these unhealthy patterns, we tend to make excuses why changing the direction our lifestyle is headed in is "inconvenient" due to our heavy work schedule, an upcoming trip, the holidays, etc.

The reason we stay stuck is not based on the litany of excuses we make for ourselves, but rather, it is our fear that we cannot stay the course. Fear that keeps us spinning our wheels.

Common sense dictates that when you are lost, pull over and ask for directions. If no one is in sight, grab your map and open it. With this map you now have a plan for arriving at your destination!

Together we will sit down and map out a new direction for you to achieve top notch health and wellness. Be ready to improve your lifestyle. After all, we can only move forward after we dig our wheels out of the mud!

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**Gratitude for a Positive Attitude Personally and Professionally**

By Karen Litzinger, MA, LPC

“When we feel grateful, we interact with other people from our fullness; they feel appreciated and are attracted by our energy. Resentment, bitterness, and victimhood tend to repel people, and we experience less support from others...” I always read this quote by Emmett E. Miller, M.D. from the book *Gratitude: A Way of Life* when I do a gratitude workshop for job seekers because it speaks to whether a person will be successful or not successful with networking. This, of course, applies in all areas of business and personal life.

As a career counselor and business etiquette trainer I have long been a fan of gratitude as expressed through the now rare practice of sending thank you notes. Personally I have been keeping a gratitude journal since 2001 which I consider a spiritual practice that has kept me grounded and thriving through difficult times.

Before gratitude became popular, there was only one book I could find on the topic in the Carnegie Library, *Thanks! How Practicing Gratitude Can Make You Happier*, by Robert A Emmons, Ph.D. Emmons along with his colleague Mike McCullough were the pioneers of research on gratitude. Their groundbreaking study had the gratitude group of the experiment write five one sentence items in a journal weekly for 10 weeks. According to the scale they used about well-being, the gratitude group participants were a full 25% happier than the other participants. They also reported fewer physical symptoms of illness.

So why not start a gratitude journal today? Buy an attractive one that inspires you or a dollar store fat book like me because it makes me keep my five bullets short and not intimidating. Some days you may just write about the sunset, family, or having food in the fridge. Soon you will see things to be grateful for everywhere. That's when the shift happens!

**Karen Litzinger, MA, LPC, is owner of Litzinger Career Consulting and founder of World Gratitude Day Pittsburgh, an annual event on September 21 for the benefit of the Greater Pittsburgh Literacy Council. For more information: [www.KarensCareerCoaching.com](http://www.KarensCareerCoaching.com) and [www.WorldGratitudeDayPittsburgh.com](http://www.WorldGratitudeDayPittsburgh.com).**

## THE 3-DEMENTIAL WORLD OF GLUTEN FREE



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Most likely you have heard the words “gluten free” and have an idea of what they mean. Believe it or not these two words potentially have more meanings, interpretations, and misunderstandings than any other two words put together.

Gluten free means different things to different people. It all depends on whether you're gluten free to lose weight (what a joke that is!), due to celiac disease, or have a self-diagnosed “gluten sensitivity”.

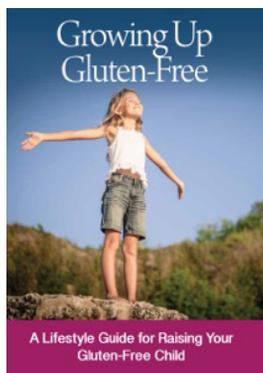
Gluten free for weight loss started as a trend and continues to position gluten free as a fashionable diet. The gluten-free diet is not a weight loss diet. In fact, if you substituted your flour-based products, such as breads, pastas, and pretzels with gluten-free versions, you will gain weight. Gluten-free products contain more calories than their gluten-containing counterparts. However, if you focus on naturally gluten-free foods, for example, fresh fruits and vegetables, low-fat/nonfat dairy products, and unprocessed lean proteins (fish/skinless chicken breast) you would lose weight because you are focusing on whole foods that are lower in calories. It has nothing to do with being gluten free. It's about focusing on healthy foods and eliminating the unhealthy choices

My gluten-free journey started back when gluten free wasn't cool, 2003. My then 3-year old son was diagnosed with celiac disease and was put on a for-life, gluten-free diet. This is the most serious of the three conditioned mentioned above in a sense that there is no cheating or “just one bite”. The diet, which I call a lifestyle, has to be followed to the tee without exception. It's not a choice. If you want to stay healthy you need to learn what gluten is, where it is found, and how to prevent cross-contamination.

I was fortunate to attend the 15th Annual Celiac Disease Symposium in Chicago back in 2013. This is where world leaders come together to present the latest research in celiac disease. One of the consensuses was that “gluten sensitivity” most likely exists and more research needs to be conducted on this topic. We need to stay tuned to see where this research will lead. I do believe “gluten sensitivity” indeed exists and people experiencing it do feel better and remain symptom free when eliminating gluten from their diet. I also believe self diagnosis is out of control and more people need to follow up with their doctor for an accurate diagnosis.

That's a sneak peek into the multidimensional world of gluten free. Visit [glutenfreeroots.com](http://glutenfreeroots.com) to learn more.

**Amy Macklin RDN**  
**Gluten-Free Lifestyle Expert**  
**Author, *Growing Up Gluten-Free***  
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**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.*

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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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## PROPER PACKING MAKES ALL THE DIFFERENCE

By Dottie Coll, President, Pittsburgh  
TWO MEN AND A TRUCK

When preparing for a move, there are easy tips to follow to ensure your belongings arrive in the same condition as they were prior to packing.

For example, when packing breakable items it's wise to use bubble wrap and plain professional packing paper. Never use newspaper because the ink can bleed. Packing can make all the difference.

Taking the time to efficiently pack will save time and energy in the end. Following proper wrapping, padding and boxing procedures are vital to protect your belongings and make your move a success.

When packing, the experts at TWO MEN AND A TRUCK® recommend keeping these tips in mind:

- Use only small boxes for books. They get very heavy, very fast.
- Be sure to label each box on the tops and sides to ensure they are delivered to the correct rooms.
- Try to pack all electronic equipment such as stereos in their original boxes. Otherwise use low-static bubble wrap when packing these items.
- Always place dishes upwards when packing.
- All boxes need to be closed and sealed with packing tape. Never use duct tape and don't interlock the tops.
- Pack important and sentimental documents separately so it's easily accessible, including children's health records, passports, family records, insurance information and photo albums.
- Pack a box of essential items you will need immediately after the move. Make sure it's the last thing added to the truck.
- Don't use laundry baskets or bags to pack belongings.
- Always pack and unpack breakables over a padded surface to reduce the chance of breakage.
- Remember: the heavier the item, the smaller the box.
- Always recycle boxes and moving supplies when finished moving.

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Mrs. Cardiology records a half hour show on the Talkshoe.com network. This is also an anchor podcast on 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.

These "fireside conversations" confirmed her belief that there is much more to cardiology care than any doctor can possibly cover in a fifteen minute consultation.

"Behind every Doctor's white coat facade churns a world of untapped education that the layperson patient needs to hear in everyday language." Her mission has evolved into educating listeners on the "perils of the heart." She heads her husband's Nutritional and Preventative Heart Care Program where she says "Your health is in the Palm of Your Hand!" You can find additional information at: <http://mrscardiology.com> or contact her at: (412) 367-9104

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[www.wsba.ws](http://www.wsba.ws)  
[info@wsba.ws](mailto:info@wsba.ws)

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**WOMEN** has two meetings per month, September through June. The members meet on the first Thursday of each month at St. Benedict's Church, 120 Abington Drive, McMurray, PA 15317 at 7:00 PM. The Social Meeting is held on the third Thursday of each month at various locations beginning at 6:00 PM with cocktails, dinner and a program.

**EMAIL: [INFO@WOMENOFSWPA.ORG](mailto:INFO@WOMENOFSWPA.ORG)**

**NETWORKING** isn't always easy or at the top of our priority list. It's time-consuming, can feel awkward and is far less appealing than staying at home after a long day of working.

When you do finally get out-

1. Be intentional, set a goal and look for an opportunity that will fulfill that goal and not just to see how many cards you can collect.
2. It isn't always easy to just walk up to someone and start a conversation. Find an icebreaker that works for you, like "What brings you here today?" This could be a first common interest for both of you and can help to jump start the conversation.
3. Don't be afraid to talk about your goals for your business. That will help you to build your network of successful women business owners.
4. Always Follow up. Exchange contact information and note what transpired with your interaction at the event. Send a card or make a follow up phone call within a few days because networking isn't over when the evening or lunch ends.



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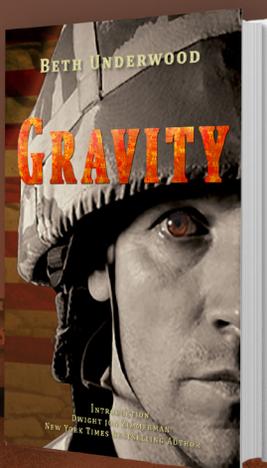
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**EDITOR-IN-CHIEF**

DR. SHELLIE HIPSKY  
s.hipsky@inspiringlivesmagazine.com

**VICE PRESIDENT OF OPERATIONS**

KELLY FROST  
k.frost@inspiringlivesmagazine.com

**CIRCULATION MANAGER**

KEN ASKEW  
circulation@inspiringlivesmagazine.com

**ADVERTISING EXECUTIVE**

RACHEL DAYOUB  
r.dayoub@inspiringlivesmagazine.com

**ADVERTISING EXECUTIVE**

CINDY ELLEK  
c.ellek@inspiringlivesmagazine.com

**ADVERTISING EXECUTIVE**

JENNIFER MENDICINO  
j.mendicino@inspiringlivesmagazine.com

**CREATIVE DIRECTOR**

CHRISTINE M. SCOTT  
creative@inspiringlivesmagazine.com

**EXECUTIVE EDITOR**

CORI NICOLE SMITH WAMSLEY  
editorial@inspiringlivesmagazine.com

**STAFF WRITER**

JEN FORSYTH  
j.forsyth@inspiringlivesmagazine.com

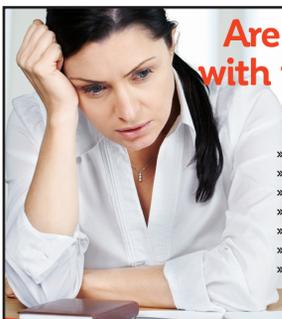
**LEAD STYLIST**

TERI WOODRUFF  
styling@inspiringlivesmagazine.com

**SOCIAL MEDIA COORDINATOR**

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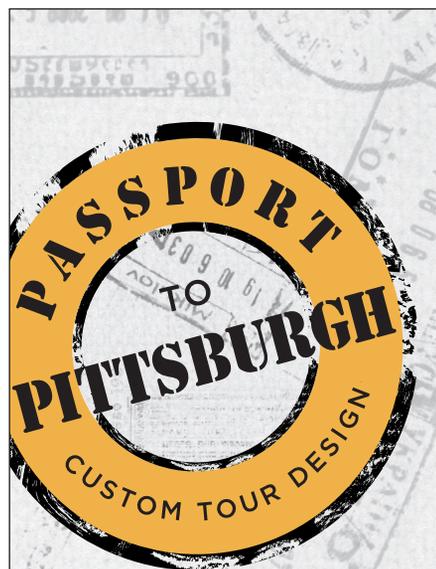
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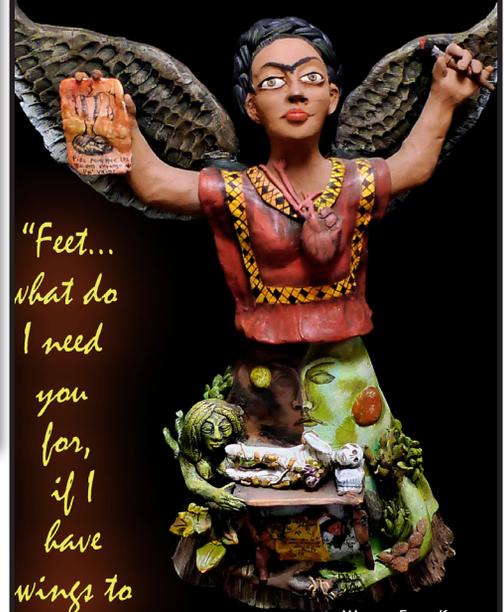
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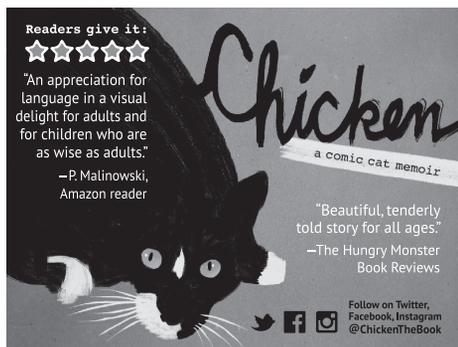
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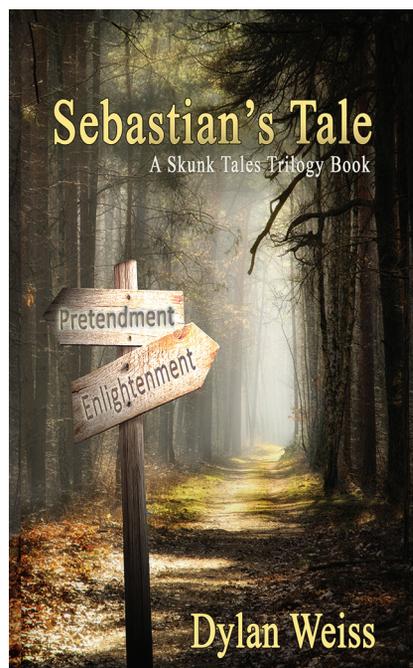


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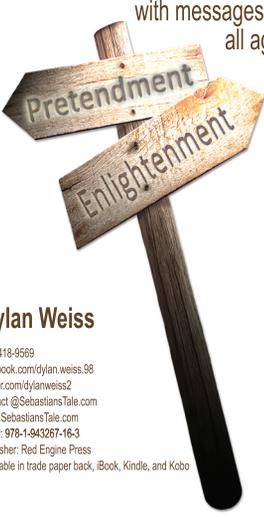
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As you put your marketing plan together for the coming year, remember to include those potential branding areas that you haven't previously used.

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~Malala Yousafzai



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Nearly two-thirds of low-income families do not own any books for their children. **Reading Is Fundamental Pittsburgh** addresses this critical need by providing children with access to self-selected books, creating positive environments that motivate children to develop a lifelong love of reading, and engaging families in literacy practices in the home. By providing services to more than 20,000 of our city's most economically disadvantaged children, RIF Pittsburgh is dedicated to reducing the literacy gap in our community and fostering a lifelong love of reading in the children we serve.

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

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\* - Women-Owned Business

**TRAVEL**

**HOW ABOUT A GETAWAY?**

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How about a getaway to reflect and rejuvenate? In order to be helpful to others you must first be clear, rested and rational. Otherwise, your health and your attitude will reflect in your judgment and how you approach others in need of your assistance.

According to Dr. Marianne Lugato, women who have over abundance of stress must have a strategy for healing to achieve good health. Getting away to experience quiet spaces and new adventures helps one re-visit what makes them happy. Take time on a retreat to plan "happiness moments" to boost emotional fortitude during days of hi-stress.

Try the travel group "Roads Scholar's" four day \$499 Rejuvenation Retreat for Women in Sequol, CA. The description sounds like what the doctor ordered! Immerse yourself in restorative traditions as you practice gentle healing techniques, learn Qigong and Self-acupressure and discover the art of guided meditation for deep inner peace. Find the retreat package that offers you a diversion to your day-today life. Visit www.roadscholar.org for details and other extended destinations.

A most helpful site is www.retreatfinder.com Retreat Finder - Spiritual & Healing Retreats Directory. You'll discover retreats that offer a wide range of activities. Whether you want to soak in a hot tub all day somewhere in the US, zip line in South America, or take a culinary lesson in Europe - this site is the go to place for getaways.

I take a relaxing retreat every year with 100 women from around the country when we visit Martha's Vineyard for a dynamic week for African American women to bond, share and exhale. See our wonderful adventure www.sistersandfriends.com.

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\*When choosing your clothing for a trip consider the following: quality, thickness, weight, wrinkles, transparency, and texture. Your ideal travel clothing will be durable, take up minimal space and be light, wrinkle-free and opaque, and matche with the rest of your clothing in style and fit

\*Only pack enough clothes for 7 days, no matter how long you're traveling for. It is easier to find a laundromat once a week than it is to carry all of the extra weight around with you the entire trip.



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Websites: [www.heartresources.net](http://www.heartresources.net), [www.post-traumawellness.com](http://www.post-traumawellness.com), [www.turtleteam.org](http://www.turtleteam.org)

*Awarded a 2012-13 SAMHSA Voice Awards Fellowship to "spread wellness." Heart Resources, LLC is a social enterprise offering grant writing, consulting and training for nonprofit projects, presentations on wellness for professionals and the public, and publications. See our ad on page 34.*

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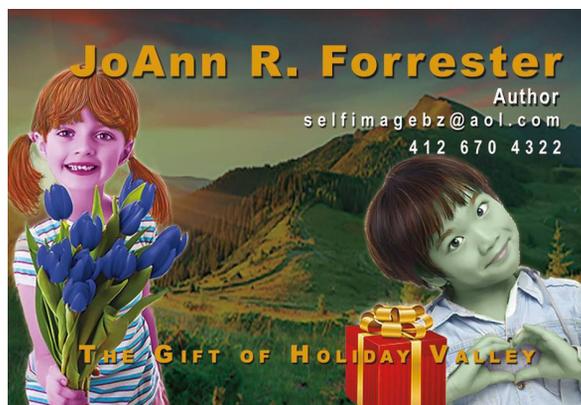
*Did you know?*

In the Pennsylvania General Assembly, there are a total of 45 women.

\*Of that 45, 36 are members of the Pennsylvania State House of Representatives; they make up only about 17.7% of the House.

\*The State Senate has 50 members, 9 are women, putting the percentage of women in the State Senate at 18%.

IN TOTAL, ABOUT 17.8% OF THE GENERAL ASSEMBLY ARE WOMEN.



**WRITERS**

**DIANA FLETCHER**

Cell: 412-612-5977  
 Email: 2reducestress@gmail.com  
*Diana is an author and writer. Her books are for sale at*  
 www.ThoughtsByDiana.com

**Diana Fletcher, Writer**



412.612.5977

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**JOYCE FAULKNER, AUTHOR/GHOSTWRITER \***

Phone: 412-496-5034  
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Phone: 412-46704322  
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 See my book cover on this page

**INSPIRING LIVES MAGAZINE**

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 With opulent photography gracing the pages, each issue of Inspiring Lives Magazine offers captivating stories and empowering ideas imprinted with Dr. Shellie Hipsky's vision on:

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*Kundalini Yoga Practitioner Heather Ferri uses Kundalini Yoga brain protocols to aid trauma, depression, weight loss and the emotions stemming from cancer or abuse. She is a Reiki Master and Pilates instructor. Call her for information on individual sessions at 412-339-6468 or visit www.heatherferri.com.*



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\* - Women-Owned Business



**We really do judge a book by its cover**

**TIPS FOR FINDING A GOOD DESIGNER**

**\*Examine the designer's website or portfolio thoroughly. Most book cover designers have a "style" you can clearly see linking their work. Consider about how and if this style would translate to your book.**

**\*What is their writing style and background? A good relationship and rapport is important to any successful project.**

**\*Discuss their work schedule and communication preferences.**

**\*Be honest about your expectations, both of their work and the process.**

**\* Before you make your designer choice, communication is KEY. If the potential designer isn't willing to discuss the above before you sign on, that may be a signal to move on**

**www.theauthorszone.com**



# WOMEN'S WORK



## TIPS FOR LAYING TILE

**1) Make a plan.** You will need to calculate your square footage and think about the breaks, walls and corners. How will you deal with the transition from tile to carpet, hardwood or even new tile? Will you need any border pieces to cap the tile on a wall or make a transition? Do you have the tools? Just be ready, and you'll be fine.

**2) Have a good saw.** Whether you rent a saw or borrow one, having a good tile saw is a must. Not only will it make your life easier... it will make the cuts smoother and you'll waste less materials

**3) Don't use a quick setting, thin set mortar**

**4) Don't try to do it all at once.**

**5. Find your center.** For a room, start in the center so that your room will look symmetrical.

**6) Don't rush, and be level.** Rushing is the quickest way to waste tile and mess up a job.

**7) Don't over wash**

**8) Don't box yourself in, but start in one corner as you begin spreading the grout.**

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## HOW TO FIND A GOOD CONTRACTOR-

### Get Recommendations

Start with your friends and family. You can also talk with a building inspector, who'll know which contractors routinely meet code requirements,

### Ask questions:

- Do they take on projects of your size?
- Are they willing to provide financial references, from suppliers or banks?
- Can they give you a list of previous clients?
- How many other projects would they have going at the same time?

\*Make Plans, Get Bids

\*Set a Payment Schedule

\*Don't Let Price Be Your Guide, less is not always the best.

\*Put it in Writing-Draw up a contract that details every step of the project:

## 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](http://www.pa4womenshealth.org)

### THE CENTER FOR HEARING & DEAF SERVICES

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### CENTER FOR ORGAN RECOVERY & EDUCATION

The Center for Organ Recovery & Education (CORE) is one of 58 federally designated not-for-profit organ procurement organizations (OPO) in the United States.

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

Landmarks Building  
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412-261-5886  
800-800-5776

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



**MARTY STAHL**, Director of Volunteers of America's Workforce Development Program Small Business Incubator, shares twenty years of experience in non-profit management and small business development with a diverse population of individuals who are seeking competitive or self-employment careers. Her background as a graphic designer, marketing professional, small business owner, teacher, trainer, coach and positive leader, helps identify sustainable employment options for people with disabilities.

To learn more about the Workforce Development Program and their success stories of employment, contact Marty Stahl at:

Marty Stahl  
Volunteers of America of Pennsylvania  
Workforce Development Program  
Director of Small Business Incubator/Business Coach~~mstahl@voapa.org~~www.voapa.org  
P: 412.246-4434 x 204

### **ARLINDA Y. MORIARTY**



Arlinda grew up in Pittsburgh, in the Garfield Projects. She attended Peabody High School. At Peabody, Arlinda had successes with making the honor roll, but had some struggles in some areas. She would later be diagnosed with Attention Deficit Disorder, providing answers to the reasons for her struggles.

Once diagnosed, she was able to learn more about ADD and how to deal with the disorder while reaching her lifetime goals of building resources to help the community. Over the years Arlinda has built over ten businesses. Her most successful business venture, Moriarty Consultants, Inc., is currently one of the largest minority owned firms in Pennsylvania.

Arlinda earned her Degree in Social Science from Robert Morris University. Arlinda is a woman of great passion in her beliefs, and has dedicated her life's work to many charities, and building opportunity and resources to the inner city communities, and those of lesser fortune.

Awards received: March 2015, the Women of Achievement Award. Six time Best of Pittsburgh Award 2009-2014, 2009-Onyx Magazine named Arlinda Onyx Business Woman of the year. She has also been chosen as one of the New Pittsburgh Courier's 2009 Women of Excellence in the Business Category.

On The Cover

**KAREN LITZINGER** helps high school students through retirees answer the “What do I want to be when I grow up?” question. Then she helps them not get their resumes lost in the black hole of the Internet.



In addition to her lifetime career of career counseling, Karen provides outplacement services and business etiquette training to major corporations including Westinghouse, PNC Financial Services, CVS Pharmacy, Eat'n Park Hospitality Group.

Karen is a Licensed Professional Counselor and Board Certified Coach, and she has been recognized with the special status of Master Career Development Professional. Karen earned professional membership status in the National Speakers Association and has served as President of the Pittsburgh Chapter.

Karen is also founder of World Gratitude Day Pittsburgh and author of the award-winning CD Heal Your Heart: Coping with the Loss of a Pet.

**Litzinger Career Consulting**

7625 West Hutchinson Street, Pittsburgh, PA ▪  
412-242-5342 ▪ [Litzingerkaren@aol.com](mailto:Litzingerkaren@aol.com)



**TERINA JETT HICKS, MPM, CFSM** is an evangelist, entrepreneur, emcee and motivational speaker. She is from a family of nine children and has always had a dream of business ownership. Although Terina’s passion is to minister the Gospel, she also knows the importance of creating and leaving a legacy for her children and future generations.

Terina is the founder of many start-up businesses, and after being laid off from her full-time employment in March 2014 she seized the opportunity to go into business for herself. As a result, she started Heaven’s Nectar, a smoothies business and CobblerWorld, LLC, in 2014. CobblerWorld bakes unique items not found much in the northern states. Peach cobblers, pretzel crusted caramel cheesecake, sweet potato pound cakes are just few of the baked goods found on her menu. Since she launched her business in October 2014 her products have been sold wholesale to Giant Eagle, 9001 Frankstown Road, 15235, and a few Shop and Save’s. She just opened her retail location Downtown Pittsburgh at 1059 Penn Avenue, Pittsburgh, PA 15222.

Recently, Terina has secured a working partnership with the Pittsburgh Penguins and Levy Restaurant.

Terina is a contributing writer for the Soul Pitt Quarterly, and serves as co-host of the weekly radio show Soul Pitt X-Tra with Donna Baxter Porcher, which airs over the internet. Terina is the recipient of the 2014 Community Spirit Award for Excellence in Media from North Side Institutional, she was recognized by Full of Grace Dance Studio for her work in the community 2014, and was one of Pittsburgh Post Gazettes 50 Women of Excellence in 2013.

Terina holds a Masters degree in Public Management from Carnegie Mellon University and a Bachelors of Science degree from Duquesne University.

She is married to a wonderful and supportive husband, Joseph and they have two sons, Eric and Robert.

**Terina’s motto: “No vision, no ambition; endless vision, infinite potential!”**

On The Cover

**CONNIE PORTIS** loves to say that in 1984 she “started her business on a wing and a prayer”. She is the founder of Renaissance Publications, a business that published Renaissance News, the Greater Pittsburgh Black Business Directory, and produced the Black Extravaganza and Trailblazer Awards, Womanpower, People Connections Networking and Black Business Holiday Expos.



Connie retired from her publishing business in 2014 and is currently a mentor with the JCC Women's Center and coordinates an annual gathering of more than 100 women from around the country for a relaxing bonding experience on Martha's Vineyard and also hosts Conversations on Race - an informal diverse group to examine and face personal prejudice and racism.

Portis has a Bachelor of Science Degree from Geneva College in Human Resources and is a certified PHR- (Professional in Human Resources). She is the former Assistant Director of Equal Opportunity for the Department of the Auditor General.

She credits her mentors for any measure of success she achieved, reflecting on her years with Renaissance Publications, Portis states, “I am so grateful for the community support and corporate partnerships that enabled us to uplift people and tell stories that inspired others to reach for and accomplish their own dreams

**BETH A. SLAGLE**, an attorney at the law firm of Meyer, Unkovic & Scott LLP, maintains an active practice focused principally on business issues, insurance coverage and employment law. She is the Chair of the firm's



Diversity Group, Chair of the Insurance Coverage Litigation Group and Co-Chair of the firm's New Venture & Entrepreneurs Group. Her practice includes representing entities and individuals in a variety of insurance coverage and contract related claims, and she has recovered millions of dollars for companies, including more than \$100,000,000 for a single corporate client. She is named to Best Lawyers in America 2010-2016 (Insurance), 2013-2016 (Commercial Litigation). Beth also has significant experience in employment law matters as well as representation of serial entrepreneurs. One of her passions is helping women launch and sustain their business.

From 2005 to 2013, she founded and ran BizChicks, a professional women's organization focused on networking, education and empowerment, and expanded in 2011 to include an e-magazine written by and for women. She was inducted into the Class of 2011 Allegheny County Bar Foundation Fellows, has been selected for inclusion in Pennsylvania Super Lawyers and is AV rated by Martindale-Hubbell. In 2009, the Women & Girls Foundation honored Ms. Slagle at the Art of Justice: Women Shaping the Law event, and in 2008, she was selected as a YWCA Greater Pittsburgh “A Tribute to Women” awardee. In 2005, she was named a finalist for the ATHENA Award, and in 2004, was recognized as a “Fast Tracker” by the Pittsburgh Business Times.

She is a pro bono attorney for the Cancer Survivor's Network of policyholder lawyers, was a founding Chair of the Board of Directors for Dress for Success Pittsburgh and currently serves on the Advisory Board of Chatham University's Center for Women Entrepreneurship as well as the Board of 412 Food Rescue as Treasurer.

## On The Cover

**RUTH BYRD-SMITH** is Director of the Allegheny County Minority/ Women/ Disadvantaged Business Enterprise Department, located in Pittsburgh, Pennsylvania. She was appointed to this position in February of 2004. This position requires a commitment to advancing and setting the goals of the organization by communicating the vision to the internal and external public.



She served as Chairwoman of the Governor's Advisory Commission on African American Affairs from 2004 – 2012 under the Rendell Administration. Ruth is a member of the Pennsylvania Unified Certification (PA UCP) Oversight Committee and the former Chair of the PA UCP Appeal Committee. In March of 2016, Ruth was appointed to the Transportations Research Board (TRB) – Standing Disadvantaged Business Committee. TRB is one of seven program units of the National Academies of Sciences, Engineering, and Medicine, which provides independent, objective analysis and advice to the nation and conducts other activities to solve complex problems and inform public policy decisions.

In 2006 Ruth was awarded the Minority Business Champion for the SBA Region III which is a seven state area and in 2007 was awarded the Civic and Community Leadership award from the YWCA. In 2008 and 2009 respectively, Ruth was the recipient of the New Pittsburgh Courier – 50 Women of Excellence Award and Onyx Woman Network – 2009 Lifetime Achievement Award. In 2011, was honored by Onyx Women Network for contributions to entrepreneurial development. Ruth was selected as a winner of the 2012 Women in Business Awards by the Pittsburgh Business Times and most in 2015 she received the Sojourner Truth Award from the Pittsburgh Chapter of the National Association of Negro Business and Professional Women. Ruth holds a bachelor's degree in Applied Corporate Communications from Point Park College. Her son and daughter-in-law live ten minutes away from Ruth and her dog "Max."

**SUSAN LIEBER** has been working with individuals living with ADHD since 2003 and holds the credentials of Certified Organizer Coach, Associate Certified Coach and Certified Professional Organizer. Her clients range from professionals to parents, entrepreneurs to college students, and everyone in-between. Common challenges include disorganization, procrastination and incomplete tasks all of which often lead to self-doubt, frustration and shame.



They are hard-working individuals who are tired of the status quo, want to use their energy and creativity in new and productive ways, feel better about themselves and are motivated to make a change in their lives.

In addition to working with clients, Susan provides professional programs on variety topics related to living with ADHD to academic, civic and business groups. Her presentations consistently receive high praise for valuable content and attendees comment that her responsiveness to their questions and concerns puts them at ease.

If you are seeking a coach who understands ADHD and can help you get from where you are to where you want to be, go to [www.leaveittolieber.com](http://www.leaveittolieber.com) or give Susan a call 412-967-9567.

**JOANN PALMIERI-SUWALSKI** is the Founder and President of Palmieri & Associates located in Pittsburgh. JoAnn's affinity for insurance and financial matters began more than 20 years ago when she founded the company. JoAnn is a lifelong resident of the Pittsburgh area and has established herself as a pillar in the community by helping people set clear and defined goals that preserve principle and provide income. New this year is the Daily Money Management (DMM) program which will provide personal financial assistance to seniors, individuals with critical illness, disabilities and the busy entrepreneur.

JoAnn's dedication to her clients and the community were recognized when she received the 2005 Athena Award given by the Northern Allegheny County Chamber of Commerce. This award is recognized internationally as the premier honor for excellence in leadership among business, professional and community leaders.



In 2006, JoAnn was honored as the recipient of the annual "Penny Smith Status of Women Award" for improving the Legal, Political, Economic and Professional Status of Women by Zonta, Three Rivers Pittsburgh North.

Nearest and dearest to JoAnn's heart however, is the Shoebox for Kids (Operation Christmas Child) project through Samaritans Purse which provides individual gift boxes of toys, books, school items and general hygiene items and the like for needy children in the United States and around the world. Involved in the program since 1992, JoAnn is excited by the possibility of someday distributing these "boxes of joy" directly to the needy children at Christmas.

**CASSIE GILLEN.** I have owned my business since 2006 and it has been one crazy ride. Upon moving to a new house with my now ex-husband, I noticed a great little floral/antique shop close to our house. I spent all my free time there. As time went by I realized this was my calling & I bought the floral shop. I started to carry a unique line & tried out different ideas. My dream was becoming a reality.



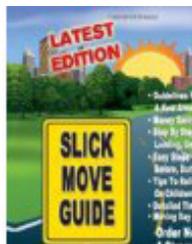
After the three years in business we moved to a bigger store & things were going great. Then the economy tanked & my shop took a big hit

My dad reminded me that we never give up. I took a look at what wasn't working & decided that a location change was needed to survive. I moved again & loved the spot I found. It was right across from another florist but I knew with my designs & my one of a kind designs I would do great there. My life took a turn for the worse and the shop closed. I eventually found a new location and began to build Cassandra's Floral Concierge service. Business is going well and from the bottom of my heart I know I will not fail. I am forever grateful to everyone who helped me achieve and recover.

My motto is "treat others as you would want to be treated." I try to live that every day.

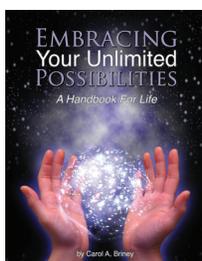
I am a Modern, Unique & One of a kind designer of Floral Arrangements made PERSONALLY for you or your loved one. When YOU Want The BEST, USE The BEST, and CASSANDRA'S FLORALS is the BEST I am the winner of WSBA'S "BUSINESS WOMAN OF THE YEAR".

## Women's Words



**The Slick Move Guide** Latest Edition is an updated version of the original Slick Move Guide. This consumer written, easy to read, informative and very detailed moving guide that can save a mover hundreds of dollars is now loaded with even more helpful information. Just as the original this guide offers great packing advice, and will educate the mover on how to protect their household goods, choose a quality mover, and avoid those infamous mistakes and much more. With a spiral binding, it acts as a workbook and the stress reducing timeline in the end of the book is one of the best features providing blank lines for customizing your to do list. It is used by companies, home builders, real estate agents, schools, and sports teams and leagues in America. **Jodi Velazquez**

**Purchase the book here-**<http://tinyurl.com/hut4axp> or <http://www.slickmove.net/>



Every once in awhile a book is written that speaks right to your soul.

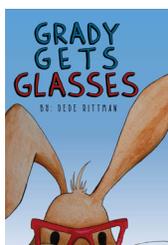
**Embracing Your Unlimited Possibilities** is one of those books. This handbook is full of down to earth wisdom and useful insights that invite you to open your heart and mind to your authentic self. **Carol A. Briney's** conversational style of writing makes you feel as if she is sitting in your living room sharing a cup of tea and speaking directly to you. The step-by-step exercises offer a road map that will not only help you to realize your limitless potential for joy and happiness; it will also help you to embrace it, thus allowing you to create and live the life of your dreams.

**www.CarolABriney.com**



**Sharise Nance** is a licensed clinical social worker and therapist. She is the co-owner and founder of HandinHand Counseling Services, located in Pittsburgh PA and the award winning author of Vitamin C Healing for the Mind, Body and Soul. Vitamin C is a spin off from HandinHand Counseling Services and addresses topics such as depression, Post-Traumatic Stress Disorder, divorce, relationships, self-care, stigma around counseling in the black community and much more. Vitamin C is a blue print for balancing the joys of life and the emotional indifferences as well as healing along life's journey. This book provides practical resources and life applicable goals to facilitate sustainable change. The Healing Workbook includes a section in each chapter that allows you to work through some of your most pressing issues and experience the healing you desire.

**Books can be purchased at** [www.ex3ent.com](http://www.ex3ent.com) or <https://www.amazon.com/>



**Dede Rittman** wants you to **Meet Grady**, your new rabbit friend who wears glasses! Grady thinks wearing glasses makes a person (or a rabbit) extra-special. Written in verse, Grady explains both near and farsighted, as well as care and wearing of glasses. Lauren Wood's darling illustrations, the rabbit, and the rhymes, are a hit with kids 2-8! **The author-signed book, coloring book, stickers, poster, bookmark, and soon- even a plush toy Grady bunny!- are available at** [www.gradygetsglasses.com](http://www.gradygetsglasses.com)

Dede was a teacher for 37 years, and she enjoys presenting her special program about being a writer, publishing a book, and reading GRADY GETS GLASSES to students in pre-K, K, 1, and 2. She will probably arrive in her new GRADY MOBILE, which is covered in images from the book!

Contact her at [www.gradygetsglasses.com](http://www.gradygetsglasses.com) or at [gradygetsglasses@gmail.com](mailto:gradygetsglasses@gmail.com)

## 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

5001 Baum Blvd #550, Pittsburgh, PA 15213  
412-201-4204 - pittsburgh@dressforsuccess.org -  
www.dressforsuccesspgh.org

## Womens Organizations

Join NOW at  
<http://www.now.org/support.html>



*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)

### 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](mailto: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.

### 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*

### 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 of 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.*

### Our Clubhouse

**provides free cancer support for those diagnosed, their family and friends, and the children and teens that are also affected.**

Those living with cancer at any age, as well as the family and friends who care for them, are welcome to join Our Clubhouse and receive the social, emotional and informational tools they need.

Our innovative programs are an essential complement to medical care, providing support groups, workshops, education and social activities for all those diagnosed with cancer and the people who support them.

If you're looking for others who truly understand look no further than the members of Our Clubhouse. We are all in this together, providing unwavering support and a community of comfort, care and hope to all those touched by cancer.

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.

## 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, Wilkinsburg (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

## DOMESTIC VIOLENCE

### 24/7 PHONE SUPPORT

Trained advocates are available to take your calls through our toll free, 24/7 hotline at 1-800-799-SAFE (7233).



***Women worldwide ages 15 - 44 are more likely to die or be maimed as a result of male violence than as a consequence of war, cancer, malaria and traffic accidents combined.***

Intimate Partner Violence (IPV) afflicts one American woman in four and claims a life in the United States every six hours. Far more Americans, mostly women, have been killed in the last dozen years at the hands of their partners than in the wars in Iraq and Afghanistan.

- 1 in 3 women will become victims of domestic violence in their lifetime
- 1 in 3 teenage girls will be physically assaulted by a boyfriend
- Intimate Partner Violence is the leading predictor of child abuse
- Boys who witness intimate partner violence in their homes are 1500 times more likely to perpetrate abuse later in life
- 50% of girls growing up in an abusive home will go on to be victims of abuse themselves

Relationship and Gender Breakdown of Adult domestic Violence Victims:

- About 1 in 4 women (24.3%) and 1 in 7 men (13.8%) have experienced severe physical violence by an intimate partner (e.g., hit with a fist or something hard, beaten, slammed against something) at some point in their lifetime.
- An estimated 10.7% of women and 2.1% of men have been stalked by an intimate partner during their lifetime.
- Nearly half of all women and men in the United States have experienced psychological aggression by an intimate partner in their lifetime (48.4% and 48.8% respectively.)
- Most female and male victims of rape, physical violence, and/or stalking by an intimate partner (69% of female victims; 53% of male victims) experience some form of intimate partner violence for their first time before 25 years of age.

### Impact of Violence by and Intimate Partner:

Nearly 3 in 10 women and 1 in 10 men in the United States have experienced rape, physical violence, and/or stalking by an intimate partner and reported at least one impact related to experiencing these or other forms of violent behavior in the relationship (e.g., being fearful, concerned for safety, post traumatic stress disorder (PTSD) symptoms, need for health care, injury, contacting crisis hotline, need for housing services, need for victim's advocate services, need for legal services, missed at least one day of work or school.)

### Recognizing Partner Violence

Partner Violence occurs when one person in an intimate relationship exercises power and control over the other through a pattern of intentional behaviors, including psychological, emotional, physical and sexual abuse. There is no way to define a "typical" victim of domestic violence – it can affect anyone from any socioeconomic, demographic, geographic or educational background. The greatest risk factor for victimization is simply being a woman. While most people are able to recognize an abusive relationship when it involves physical violence, relationships involving psychological or emotional abuse are more subtle, but no less destructive. If allowed to continue, these behaviors can escalate to include more physically dangerous abuse over time. It is important to recognize key characteristics of domestic violence so that abuse can be stopped before it becomes life threatening

**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)**

## 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/~lwvvgp](http://www.pgh.net/~lwvvgp)

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)

**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 Horne 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.

**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

**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)

**Tomorrow's Future, Inc.**

Founder: Grace Robinson, State Farm Agent  
Executive Director: Danielle Howard  
Tomorrow's Future, Inc. is a Mentoring, Entrepreneurial and Job Training Program for Teens. Our mission is to equip young people with the basic communication and employment skills needed to compete in today's marketplace.  
We are proudly celebrating our twentieth year and the many achievements of our Alumni. We currently have some of our students working at our Agency. It is great to see the growth of these students.  
Grace Robinson founded Tomorrow's Future, Inc. as a way of giving back to the Community. We are proud that one of our Interns developed our web page. We chose to let him use his own creativity in this development.  
Visit our page at [www.tomorrowfutureinc.com](http://www.tomorrowfutureinc.com)  
We want to thank the community for their support of our Non-Profit and our State Farm **Insurance Agency**

## 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 (MWD BE)

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

**SCORE** grows successful small businesses across America, one business at a time. We Help Small Businesses Like Yours

SCORE is a nonprofit association dedicated to helping small businesses get off the ground, grow and achieve their goals through education and mentorship. We have been doing this for nearly fifty years.

Because our work is supported by the U.S. Small Business Administration (SBA), and thanks to our network of 11,000+ volunteers, we are able to deliver our services at no charge or at a very low cost

We can provide:

- Volunteer MENTORS who share their expertise across 62 industries
- Free, confidential **business COUNSELING** in person or via email
- Free business TOOLS, templates and tips
- Inexpensive or free business **WORKSHOPS**

### 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.angelsplacegh.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.

### DIABILITY, 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.

### 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.

*"To paraphrase several sages: Nobody can think and hit someone at the same time."*

*~~Susan Sontag, Regarding the Pain of Others*

**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



### 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 1-888-772-7227.

**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

## 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@gsbcl.org](mailto:info@gsbcl.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.ywcaphg.org](http://www.ywcaphg.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.ywcaphg.org](http://www.ywcaphg.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, Wilksburg (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@glccphg.org](mailto:info@glccphg.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)

#### BUTLER COUNTY MH/MRPROGRAM

County Government Center,

124 West Diamond Street, 2nd Floor,

P.O. Box 1208, Butler, Pa 16003-1208

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

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  
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

South Hills business and professional women's organization. Social/program meeting third Thursday each month. See 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

**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.

*Help us to be ever faithful gardeners of the spirit, who know that without darkness nothing comes to birth, and without light nothing flowers. May Sarton*

## 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

412.782.5344

### 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: [lwwic@yourinter.net](mailto:lwwic@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@ncjwpg.org](mailto:info@ncjwpg.org)  
[www.ncjwpg.org](http://www.ncjwpg.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

### FINANCIAL PLANNING

#### FINANCIAL EMPOWERMENT WORKSHOPS/MICROENTER-PRISE

#### 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  
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Index

|                                      |                |                          |              |
|--------------------------------------|----------------|--------------------------|--------------|
| DEDICATION & WHO'S WHO               | 3              | Dentists                 | 20           |
| Women's Work                         | 78             | Designers                | 20           |
| WOMENS HEALTH                        | 79             | Education                | 20 - 21 - 22 |
| THE COVER                            | 80 - 84        | Entertainment            | 25           |
| WOMENS WORDS                         | 85             | Eye Care                 | 25           |
| WOMENS ORGANIZATIONS                 | 86 & 87        | Executive Coaching       | 25           |
| HELPLINES                            | 88             |                          |              |
| WOMEN AND POLITICS                   | 90             | <b>F-H</b>               |              |
| ADDITIONAL RESOURCES                 | 91 - 100       | Feng Shui                | 25           |
| LEGISLATIVE OFFICES                  | 100 - 102      | Financial Consulting     | 27           |
|                                      |                | Financial Planner        | 27           |
| <b>A</b>                             |                | Financial Services       | 27           |
| Accounting                           | 6              | Florists                 | 27           |
| Accessible Construction              | 6              | Food Stores              | 27           |
| Administrative Services              | 6              | Golf Instruction         | 27           |
| ADDICTION COUNSELING                 | 6              | Grant Writing            | 31           |
| Advocacy & Education                 | 7              | Graphic Design           | 31           |
| Alterations                          | 7              | Health And Wellness      | 35 & 36      |
| Appliance Repair                     | 7              | Healthcare Services      | 36           |
| Architects                           | 7              | Holistic Health Care     | 36           |
| Art                                  | 7              | Hospice Care             | 36           |
| Art Gallery                          | 7              | Home Personal Care       | 37           |
| Attorneys                            | 9              | Human Resources          | 37           |
| Auto Repair And Tires                | 8              | Human Services           | 37           |
| Automobiles                          | 7 - 8 - 9 - 10 |                          |              |
|                                      |                | <b>I-L</b>               |              |
| <b>B</b>                             |                | Insurance                | 39           |
| Baby Nursing Accessories             | 11             | Internet Community       | 40           |
| Banks                                | 11             | Jewelry                  | 40           |
| Basket Weaving                       | 11             | Landscaping              | 41           |
| Beads                                | 11             | Lawn Care                | 41           |
| Beauty Supplies                      | 11             | Legal Services           | 41           |
| Bodywork                             | 12             | Lifestyle Coaching       | 41           |
| Book Stores                          | 12             |                          |              |
| Breast Health                        | 12             | <b>M-O</b>               |              |
| Business Development                 | 12             | Marketing                | 42           |
| Business Services                    | 14             | Marketing Communications | 42           |
|                                      |                | Martial Arts             | 42           |
| <b>C</b>                             |                | Massage Therapy          | 42           |
| Cafes                                | 14             | Movers                   | 42           |
| Career Consulting                    | 14             | Nail Salons              | 45           |
| Caterers                             | 14             | Networking               | 45           |
| Certified Public Accountants.        | 14             | Notary Public            | 60           |
| Child Care                           | 15             | Note Cards               | 60           |
| Children Services                    | 15             | Office Furniture         | 61           |
| Christian Promotional Products       | 15             | Office Products          | 61           |
| Cleaning Services                    | 16             | Office Space             | 61           |
| Clothing For Disabled Individuals    | 16             | Optical Eye Wear         | 61           |
| Coaching and Organizational Services | 17             |                          |              |
| Computer Repair                      | 17             |                          |              |
| Consignment Shops                    | 17             |                          |              |
| Construction                         | 18             |                          |              |
| Consulting                           | 18             |                          |              |
| Consulting/Writing Services          | 18             |                          |              |
| Contracting Services Painting and    | 19             |                          |              |
| Home Improvements/Repairs            |                |                          |              |
| Contractors                          | 19             |                          |              |
| Counseling Services                  | 20             |                          |              |
| Credit Repair                        | 20             |                          |              |



Index

**P-R**

Paintball 61  
 Painters 61  
 Party Supplies 61  
 Payroll Processing 61  
 Performing Arts 62  
 Personal Trainer 62  
 Pet Services 62  
 Photography 63  
 Pizzeria 63  
 Podcasting 64  
 Portrait Artist 64  
 Printing Services 64  
 Professional Development Training 64  
 Promotional Products 64  
 Psychological Services 65  
 Public Policy 65  
 Public Relations 65  
 Radio 65  
 Real Estate 66  
 Recycling 66  
 Residential Painting 67  
 Restaurants 67

**S**

Sculpture 67  
 Secretarial Services 67  
 Security Agency 67  
 Seminars, Workshops and  
 Keynote Speaker 68  
 Senior Citizen Support 68  
 Services for Individuals with Intellectual  
 and Physical Disabilities 68  
 Signs 68  
 Skin Care 69  
 Social Media 68  
 Spa Services 68  
 Specialty Baked Goods 69  
 Specialty Food 69  
 Specialty Gift Stores 69

**T**

Tax Preparation 70  
 Tea Rooms 70  
 Teen Services 71  
 Tile and Grouting 73  
 Translation & Interpretation Services 73  
 Transportation 73  
 Travel..... 73 & 74  
 Travel Clubs 74

**V-Z**

Virtual Business Support 74  
 Web Design & Development 74  
 Wellness 75  
 Wig Services 75  
 Windows 75  
 Women's Clothing 75  
 Women's Undergarments 76  
 Wreaths 76  
 Writers 76 & 77



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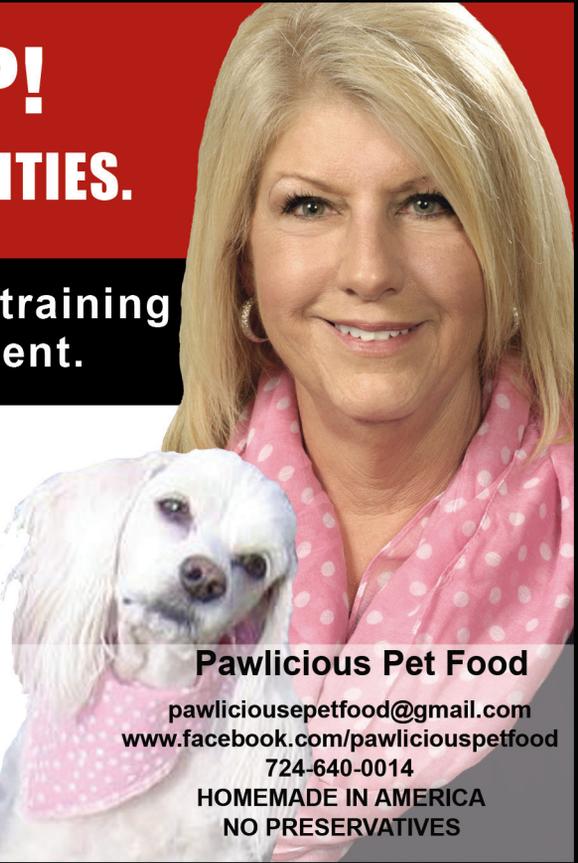


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