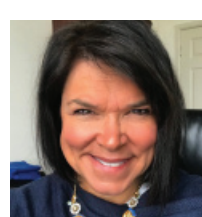


In the Community

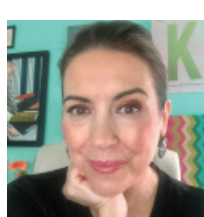


NOVEMBER 2020 EDITION

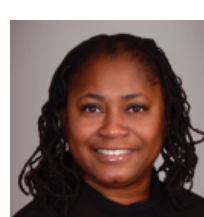
Meet the PA Health & Wellness Outreach Team:



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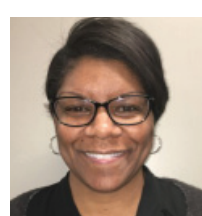
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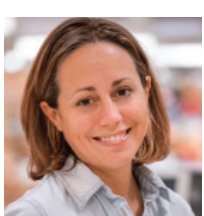
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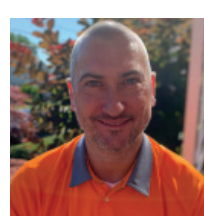
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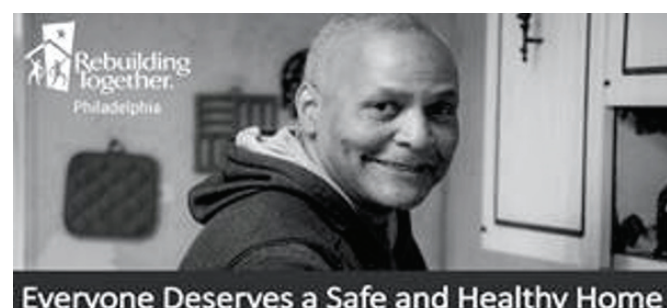
Southwest

Neighborhood Resilience Project: 2038 Bedford Avenue, PGH, PA 15219, 412-261-1234 Ext. 125

- Free Health Center Services: Dental and Medical, call 412-502-5024
Offers free primary, behavioral and dental care to people who are under and un-insured through clinicians who volunteer their time to see the patients at no cost.
- Free Food Pantry Mon. Wed. Fri. 11:00am-3:00pm no registration required can get up to 25 items each visit
- Clothing Closet Monday-Friday 11:00am-3:00pm

Southeast

We Can Fix This Together! It is only safer at home if your home is safe to be in. More than a quarter of Philadelphia



seniors live in a home with damage to the roof, plumbing, or the heating system. Rebuilding Together Philadelphia provides no-cost critical repairs, accessibility modifications, and energy-efficient upgrades to vulnerable homeowners, with a positive return on investment. Their mission is to repair homes, revitalize communities and rebuild lives. Together, we can ensure everyone has a safe and healthy home.

Visit them online at www.rebuildingphilly.org FB: [@RebuildingPhilly](https://www.facebook.com/RebuildingPhilly) TW: [@RTPPhiladelphia](https://twitter.com/RTPPhiladelphia) Insta: [@RTPPhiladelphia](https://www.instagram.com/RTPPhiladelphia)

Central/Lehigh Cap/NEPA

DIG, a Furniture Bank

<https://www.digfb.org/>

DIG is a non-profit, volunteer-run organization located in Lewisburg, PA and serves residents from Northumberland, Snyder and Union counties. The organization's concept is similar to food banks but DIG provides free furniture and household goods to individuals and families who are getting back on their feet after a significant life change such as homelessness, transitions from institutional care and formerly incarcerated individuals. The furniture bank was founded by Emily Mrusko in May 2020. Emily's full-time job is the Community Impact Director at the Union-Snyder Community Action Agency. She and her fiancé purchased a home in Lewisburg with a large barn on their property to carry out Emily's vision which was inspired by a nationwide network of furniture banks. The household goods and furniture are stored and distributed from their home. The mission is to instill dignity and respect for individuals in need through household goods and furniture. DIG has no age limits and no income requirements. However, potential recipients must be referred by a local human services agency. DIG partners with the Union County AAA along with others to include the Greater Susquehanna Valley United Way. Since May 2020, DIG has furnished 45 homes and has a 2-4 week waiting list.



Cumberland County Senior Centers' Holiday Grab-n-Go

Thanksgiving is the act of giving thanks; grateful acknowledgement of benefits and favors. This Thanksgiving, the PA



Health & Wellness Community Outreach team is thankful for the important contribution made by the many community based senior centers across the state. Senior centers are making significant efforts to adhere to PA COVID-19 guidelines. These guidelines have had an impact on the overall number of senior citizens who are able to enjoy regularly scheduled activities and social interaction at the centers. During these times, seniors are isolated from friends, family and other significant supports in their lives. PA Health & Wellness is collaborating with senior centers to alleviate the effects of social isolation on their members by providing health and wellness information and activity suggestions.

Cumberland County has six (6) Senior Centers. Four of the six centers received wellness bags that contained Allwell from PA Health & Wellness (PHW) information, Allwell from PHW pens and notebooks, Flu Prevention information as well as adult coloring books. Robena Spangler, PHW Community Outreach Specialist and Deb Micklo, Supervisor at Cumberland County Aging and Community Services collaborated with the senior center directors to coordinate the distribution of 160 Allwell from PHW bags during their Thanksgiving Holiday Grab-n-Go dinner events. The bags were distributed at the following centers across the county:

Big Spring Senior Center-Newville
Carlisle Senior Center-Carlisle
Enola Senior Center-Enola
Mechanicsburg Place-Mechanicsburg

Fluvention®

With public health officials warning of a possible overlap of influenza and COVID-19 this fall, the stakes for increasing flu vaccination rates have never been higher. PA Health & Wellness is launching its annual Fluvention® program to encourage PA residents to get a flu vaccine. This year also introduces new considerations, as PHW also looks to help people better understand the differences between the flu and COVID-19.

Experts at the National Institute of Allergy and Infectious Diseases, and the U.S. Centers for Disease Control and Prevention (CDC), have begun urging Americans to get a flu vaccination. They, like many other public health experts, worry about health systems that are already stressed by large numbers of COVID-19 patients being overwhelmed by patients sick with the flu.

To help reduce flu-related illness and hospitalizations in Pennsylvania, PHW will be regularly communicating with members and participants – via phone calls, emails and social media – to make a plan to get their flu vaccines. Additionally, PHW providers will receive messaging toolkits to help them strengthen how they communicate with their patients about getting their annual flu vaccination. That's important, because PHW's research shows that one of the main reasons people get a flu vaccination is because their doctors recommend it. PHW will also be sharing flu prevention tips and promoting healthy behaviors, including good hygiene, as part of its Fluvention® program. PHW members/participants can receive a free flu vaccination through their doctor or at a pharmacy close to them.



Felicia Alexander (Community Outreach Specialist) participated in a Thanksgiving Food Giveaway with Triumph Church food pantry in the Southwest area. The food pantry provided 160 families with a full Thanksgiving Dinner.