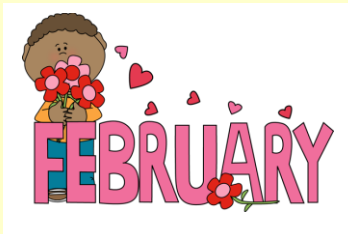


WFSC Newsletter

February 2020
Volume 24, Issue 8

Family Support is child centered
And family focused



CALENDAR UPDATES

Contents

Calendar Updates	1
Feb is American Heart Month	2
Pantry Distribution	2
Please RSVP - It Always Helps	2
Healthy Eating ON A Budget	2
No Tax Prep at WFSC	3
Flyer - United Way Tax Sites	4
February Calendar	5
Celebrating Adult Birthdays	6
Have a healthier lifestyle	6

MONDAYS

First Monday remains the day for our monthly Parent Council meeting. Please arrive for dinner at 5:00 p.m. and join in the discussion. *Second and Third Mondays are open with no scheduled groups on those days.*

Fourth Monday is Parent Café from 11:30am to 1:30pm.

TUESDAYS

First Tuesday is open with no scheduled groups.

Second Tuesday is Craft N Brunch from 11:30am to 1:30pm. This is a group for parents with children ages 0-18 to have fun conversation (Social Connections) while doing a variety of craft projects.

Third Tuesday is a Lunch and Learn monthly session with Luv & Care. This organization will discuss services they provide and opportunities for employment with them.

Fourth Tuesday is a Lunch and Learn session that will feature different organizations each month. In February Kwyla Wilder will do a presentation on job opportunities with CDR Care.

WEDNESDAYS

First Wednesday is our Parent-Staff Quality Standards Committee meeting from 11:30am to 1:00pm. *The center is open every Wednesday evening for general support until 7pm (must arrive by 6:45pm).*

Second Wednesday is our new FUN WITH FOOD nutrition education group for families with children 0-18. This activity is from 5-6:30 pm *and the center is open every Wednesday for general support until 7pm (must arrive by 6:45pm).*

Third Wednesday is Pantry Distribution from 1:00 – 6:30pm for all enrolled families. *The center is open every Wednesday evening for general support until 7pm (must arrive by 6:45pm).*

Fourth Wednesday is Welcome to WFSC orientation for new families from 5:00 to 6:30 pm. *The center is open every Wednesday evening for general support until 7pm (must arrive by 6:45pm).*

THURSDAYS

First Thursday is the Brain Builders Early Literacy group for families with children ages 0-5. This group meets from 11:00am to 12:30pm.

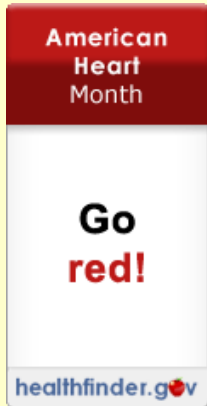
Second and Fourth Thursday is the Arts & Crafts for Adults class from 10:30am to 1:00pm. There will be no class on 02.27.2020

Third Thursday is Me and Mine Parenting Group for families with children ages 0-5 from 11:30am to 1:30 p.m.

FRIDAYS

No groups are scheduled on Fridays; however, the center is available for informal gatherings and general use. Please call in advance if you have need for a specific space so arrangements are made. This is especially important if you will have children with you and will be needing staff support if you plan a meeting.

Always provide us with as much notice as possible. Our staff still performs home visits, have meetings outside the center and a host of other assignments. Thank you for your assistance in this area.



FEBRUARY IS AMERICAN HEART MONTH

February is American Heart Month and there are things you can do to promote heart health. You can spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives. Ideas for healthy changes include:

- Make small changes, like using spices to season your food instead of salt.

- Make physical activity a part of your day. This can help your family start good habits early.
- Ask doctors and nurses speak about ways to prevent heart disease.

**Pantry Day will
be held on
WEDNESDAY
02.19.2020**



RSVP for Pantry- WEDNESDAY, 02.19.2020

February Pantry Distribution will be held on Wednesday, 02.19.2020.

To be eligible for Pantry Bags you must:

- 1) Be enrolled and up to date in the Wilksburg Family Support Center, and
- 2) Be income eligible under the PA TEFAP Guidelines.

We will begin distributing at 1:00pm until 6:30pm. You must call us if you plan to come

and can't arrive by 6:00pm if you plan to arrive during the last half hour.

EVERYONE MUST RSVP FOR PANTRY because we no longer have papers to sign. if you don't rsvp, we have to "reserve" your spot the same day which will make you wait longer to receive your food. RSVP at 412.871.7948 or via text at 412.588.3277.

PLEASE RSVP – IT ALWAYS HELPS

In our newsletters we explain how much it helps us when you RSVP. We can prepare and customize the activity we plan for children that are also attending. We can prepare enough refreshments for the number of parents and children that plan to attend as well.

If no one RSVPs at least 24 hours in advance, we will post a notice in our closed Facebook Group that the activity has been

canceled due to a lack of attendance. Our work is not limited to time spent in the center

All staff have some aspect of their job that requires meetings, home visits, liaison support and advocacy outside of the center. We appreciate your cooperation with this request!



Healthy Eating On A Budget

TIPS

1. Make a shopping list and stick to it. Plan and make a menu of meals for the week. This will prevent over-buying and wasting food and money.
2. Organize your list into sections according to the layout of the supermarket. This cuts down on time and the number of passes you need to make through aisles.

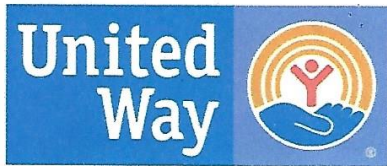
3. Take advantage of loyalty cards, store labels, coupons, and specials. Check out newspapers, websites, and apps for in-store deals.
4. Don't shop when you're hungry. You are likely to stray away from your grocery list and buy items that look good to eat, right then and there.
5. Stock up on staples when they go on sale. Check for sale items and stock up foods you can store in your pantry and freezer.
6. Take advantage of seasonal specials. Foods are generally less expensive when in season.

NO INCOME TAX PREPARATION AT WFSC IN 2020 --

For the past fifteen (15) years we've utilized an online software package called ***The Benefit Bank*** to do federal and state income taxes. The company (Communally) that owned this software unfortunately filed for Chapter 7 bankruptcy due to funding losses.

We are in the process of becoming a VITA Tax Site, but that process cannot begin until April 2020 for next year (2021) because of requirements of becoming a VITA site. If you need your taxes done free of charge, please **utilize the United Way by calling 211** to be scheduled for any of the sites on the flyer on the next page.

WE ARE DISAPPOINTED WE CANNOT OFFER THIS SERVICE IN 2020 BUT WE WILL BE READY TO SUPPORT YOU IN THIS AREA FOR 2021.



FREE TAX PREP

2020 Allegheny County Free Tax Prep Sites

Avalon/Bellevue

North Hills Community Outreach- North
Boroughs
939 California Avenue, Pittsburgh PA 15202

Baldwin

Just Harvest Education Fund at SHIM Family
Center
41 Macek Drive, Pittsburgh PA 15227

Downtown

Allegheny County Department of Human
Services
1 Smithfield Street, Pittsburgh PA 15222

YWCA Greater Pittsburgh

305 Wood Street, Pittsburgh PA 15222

Hazelwood

YMCA Greater Pittsburgh
5125 Second Avenue, Pittsburgh PA 15207

Hill District

Just Harvest Education Fund at Bedford Hope
Center
2305 Bedford Avenue, Pittsburgh PA 15219

Homewood

YWCA Greater Pittsburgh
6907 Frankstown Avenue, Pittsburgh PA 15208

YMCA Greater Pittsburgh

7140 Bennett Street, Pittsburgh PA 15208

Millvale

North Hills Community Outreach
416 Lincoln Avenue, Pittsburgh PA 15209

Monroeville

Just Harvest Education Fund at CCAC Boyce
Campus
595 Beatty Road, Room N542, Monroeville PA
15146

Moon

Robert Morris University
6001 University Boulevard, Moon Township PA
15108

Natrona Heights

Allegheny Valley Association of Churches
1913 Freeport Road, Natrona Heights PA 15065

North Side

Goodwill of SWPA/ Northside Common
Ministries
1601 Brighton Road, Pittsburgh PA 15212

Oakland

Carnegie Library
4400 Forbes Avenue, Pittsburgh PA 15213

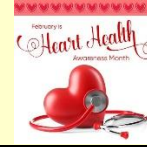
South Side

Just Harvest Education Fund
16 Terminal Way, Pittsburgh PA 15219

Strip District

Veterans Leadership Program

FEBRUARY IS AMERICAN HEART MONTH



Wilkinsburg Family Support Center (WFSC)
Hosanna House – 807 Wallace Avenue, Suite 205
Wilkinsburg, PA 15221-2312 412.871.7948
Text Messages to Asst. Director 412.588.3277

FEBRUARY 2020

MON	TUES	WED	THUR	FRI
<u>03</u>	<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>
 Parent Council 5:00-7:00pm		Monthly Parent-Staff Quality Standards Committee 11:30-1:30pm  Evening hours until 7:00pm (must arrive by 6:45pm)	Brain Builders Early Literacy Club 11:00-12:30pm 	
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
 National Children's Dental Health Month	CRAFT N BRUNCH CLUB 11:30 am 	FUN WITH FOOD NUTRITION EDUCATION 5-6:30pm  Evening hours until 7:00pm (must arrive by 6:45pm)	Creative Empowerment Opportunities 10:30am – 1:00pm 	
<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
 Center is open today	LUNCH AND LEARN Featuring Luv & Care 11:30am – 1:00pm 	 Pantry Hours 1:00–6:30pm Evening hours until 7:00pm (must arrive by 6:45pm)	Me & Mine Parent-Child Group 11:00am – 1:00pm 	WFSC STAFF MTG 12:30 - 2:30PM 
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
 Parent Café 11:30am – 1:30pm	LUNCH AND LEARN Featuring CDR Care 11:30am – 1:00pm 	 WFSC New Family Orientation 5:00-6:30pm Evening hours until 7:00pm (must arrive by 6:45pm)	Creative Empowerment Opportunities IS CANCELLED  Beverly's Birthday Community Baby Shower 11:30am-1:00pm being held in the Wallace Event Center	

Celebrating Adult Birthdays



WFSC
807 Wallace Ave
Suite 205
Pittsburgh, PA 15221

Phone:
412.871.7948

Fax:
412.871.7991

Website:
WFSC1994.org



We began a new tradition for adult birthdays since we are sponsored by Beverly's Birthdays for our children's birthdays.

We will recognize adults with birthdays for the month during the second half of our monthly Parent Council meeting. All parents are welcome – don't forget to RSVP with number of children attending with you to help us support them with supervised recreation.

HAVING A HEALTHIER LIFESTYLE

It's never too late to make better health choices. All you need is a goal, a plan and the desire to live better. Here are some simple steps to take:

- Don't smoke cigarettes or use other tobacco products.
- Have your blood pressure checked regularly. Keep your blood pressure below 120/80 mm Hg

• Eat a healthy diet consistent with recommendations from the American Heart Association.

• Get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity activity (or a combination) each week.



WFSC
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Pittsburgh, PA 15221-2312

