



# WEST WARD MOSAIC

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**1101 Northampton Street • Ste. 101  
Easton, PA 18042  
Phone (610) 253-7400 Fax (610) 253-8991**



Two Rivers Health & Wellness Foundation is located in the heart of the West Ward. As the Foundation enters into its tenth year of operation, they are thankful to their friends and donors who have made the healthcare needs of our neighbors a priority. The Foundation is aware that the population in Northampton County and its surrounding areas is very diverse. Living side-by-side are individuals who prosper and those who cannot afford the healthcare costs of their families. The collaborative relationship that exists among so many of the non-profit organizations that the Foundation works with has proven what a caring community of people we live in.

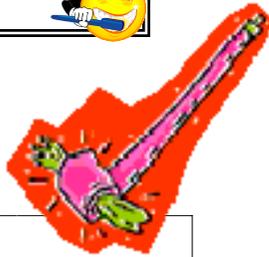
Two Rivers stands firm in its mission of enhancing the health and wellness of the residents of our community and they bring people, organizations and resources together to assist them in their mission. The Foundation has built a permanent endowment that concentrates on grants in specific area of need: Maternal, Infant and Child Care; Behavioral Health Programs; Elder Care; and Dental Care. The Foundation seeks to be a catalyst for change to advance healthcare services and education and believe that health is not the absence of disease but rather the overall state of physical, mental and social well-being. If there is anything the Foundation can do to help you, feel free visit their website at [www.trhwf.org](http://www.trhwf.org) where you will find links to various health and human service agencies and remember to mention you read about them in the West Ward Mosaic!



Contact the Weed & Seed Office at 610-250-2066 or at [weedandseed@easton-pa.gov](mailto:weedandseed@easton-pa.gov) for additional information regarding our programs/committees, if you have comments or questions about the West Ward or would like to share an idea. View the West Ward Mosaic, as well as other important information pertaining to the community, online at [www.easton-pa.gov](http://www.easton-pa.gov). To view the West Ward Mosaic, click on Weed & Seed Initiative.



**Two Rivers Health & Wellness Foundation Offers Free Dental Care Through Northampton Dental Initiative**  
 The Northampton Dental Initiative is now accepting appointments for **FREE DENTAL CARE** from all Northampton County Residents who meet the programs financial criteria. Appointments are available for individuals, children, families, and seniors living in Northampton County who have Medical Assistance or no dental insurance. This program is made possible by the Two Rivers Health & Wellness Foundation Dental services offered include exams, fillings, cleanings, extractions, sealants, and x-rays. Sealants are provided by a licensed dentist or registered hygienist who will treat patients in their offices or at a portable site where a roving team of fully credentialed and licensed dentist and hygienist will provide these same services on state of the art portable equipment. **Appointments are now being accepted. Call toll free for your appointment at 1-866-903-9104.**



**Easton Area Community Center/St. Anthony's serves FREE MEALS to children ages 5-18 that live in the West Ward. Dinner is served at 5:30 PM Monday through Friday. Membership NOT required for dinner! Call for details 610-253-8271**



Head Start  
Early Head Start



**pennsylvania**  
PRE-K COUNTS  
For A Brighter Future

**COMMUNITY SERVICES FOR CHILDREN, INC.**  
610-437-6000 Ext. 2351 ask for Gloria

Early Head Start services now in Easton!  
In home program for pregnant moms and infants!

**Don't Delay, Apply Today!**  
at  
[www.cscinc.org](http://www.cscinc.org)  
or

1520 Hanover Avenue, Allentown, PA 18109

Educational Programs Prenatal to 5 Years Old



Healthy Birth

Healthy Baby

Healthy Family



Call NOW!

610-437-6000

Give your baby an Early Head Start in life!



*Of the Lehigh Valley*

*Pregnancy Resource Center*

Free Pregnancy Tests - Options Information

Parenting and Life Skills Classes

Serving men, women, & youth

All services are free and confidential.

1101 Northampton St., Ste. 202, Easton 1034 Hamilton St., Allentown  
610-559-9327 610-821-4000

335-337 Vine St., Bethlehem 930 Hamilton St., Ste. 103, Wescosville  
610-997-0195 484-223-3958

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

24-Hour crisis pregnancy support 1-800-395-HELP

**Easton Area Community Center is offering AARP Tax-Aide Free**

Tax help for taxpayers with low-and middle-income, with special attention to ages 60 and older.

Starts February 5, 2010 on Fridays and Saturdays from 9AM until 12PM.

The program ends April 10, 2010.

For more information, call toll free, 1-888-227-7669, or visit AARP's website at [www.aarp.org/taxaide](http://www.aarp.org/taxaide).



# IMPORTANT INFORMATION FROM Prevention, Intervention & Treatment (PIT)...

HAVE ALL YOUR PRESCRIPTIONS FILLED AT ONE PHARMACY. HAVING ALL MEDICATIONS ON FILE AT ONE PHARMACY CAN HELP MONITOR USE AND PREVENT HARMFUL INTERACTIONS.

## Are you in need of assistance?

THE NATIONAL ENERGY ASSISTANCE REFERRAL CLEARINGHOUSE will help you contact an agency in your state to apply to the Low Income home Energy Assistance Program or for other public assistance. They can also help you contact providers of Emergency Charitable Assistance as well. Call 1-866-674-6327 or go to [WWW.ENERGYNEAR.ORG](http://WWW.ENERGYNEAR.ORG)

Look on your bill for your Natural Gas or Electricity provider's contact information. Most companies offer free audits that assess how energy efficient your home is and if you can make it better. Some Companies will provide emergency aid for low-income customers.

Contact the Salvation Army in Easton for assistance program information at 610-258-9531.



The following programs are available to the Northampton County residents



CAP MET ED & FIRST ENERGY PROGRAM

CAP UGI ENERGY PROGRAM

RENTAL ASSISTANCE

FOOD BANK PROGRAM

ROOFOVER TRANSITIONAL SHELTER PROGRAM

FAMILY DEVELOPMENT RESEARCH PROGRAM

SENIOR SUPPLEMENT PROGRAM

SENIOR TRANSPORTATION PROGRAM

SOCIAL SECURITY REPRESENTATIVE PAYEE PROGRAM

EASTON AREA NEIGHBORHOOD CENTERS, INC  
902 Philadelphia Road, Easton, PA 18042  
610-253-4253



## Cleaning for a Reason

If you know of any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment.

All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. <http://www.cleaningforareason.org/>

Please pass this information on to bless a woman going through Breast Cancer treatment. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

**H1N1 Vaccine available to ALL individuals.  
Call 1-877-PA HEALTH (1-877-724-3258) for more  
information and locations near you.**

**ATTENTION NORTHAMPTON COUNTY RESIDENTS ON MEDICARE**

Opportunity to receive information and / or to enroll in Medicare part D (prescription Drug Coverage) sponsored by APPRISE- Northampton County Area On Aging

EASTON Northampton County Information and Referral Office Governor Wolf Building 45 North Second Street. Mondays 1:00-4:00PM starts November 16,2009. Call 610-559-3270 for an appointment.



**GREEN TIPS FOR AROUND THE HOME**

During the cold and dark winter months we all spend a lot of time indoors. While you're waiting on those spring buds and trying to stay warm, here are a few tips to help keep the homestead green and cost efficient.

If your shower can fill a one-gallon bucket in less than 20 seconds, replace it with a water-efficient showerhead. Shorten your shower to less than five minutes and save 1,000 gallons of water a month. Turning off the water while you shampoo and condition saves another 50 gallons per week. Showers use less water than baths (an estimated 20 gallons versus 50 gallons).

When washing clothes match the setting for the water level to the amount of clothes in the machine. Also washing only when you have a full load may save up to 600 gallons of water each month.

Turn off the water while you brush your teeth and save four gallons a minute and 10 gallons a day. Do the same while you shave and save more than 100 gallons per week.

If your dishwasher is new don't rinse dishes before loading. Newer machines are more efficient at removing food particles.

When the temperature drops below 20 degrees winterize outdoor faucets with insulated covers to keep pipes from freezing.

Put paper and other items in the garbage can not the toilet. You'll save 6 gallons of water with each flush.

Air Fresher or other aerosol products can cause eye, throat and lung irritation.

Carpet attracts dust and dander, vacuum carpets regularly and for cleaning choose soap or non -aerosol shampoo.

Change the filter on your furnace or air conditioner every three months. A high -efficiency filter also known as HEPA filter, can help. It's made from tightly woven microscopic fibers and was originally used in institutional buildings. It removes more dirt from the air by trapping smaller particles such as pollen dust and animal dander that irritate allergy and asthma sufferers.

Furniture, yes your furniture can be bad for your health. Furniture made from pressed wood (particle board) can contain cancer-causing chemicals.



# Weed & Seed's Annual Good Eats & Good Treats



For: **ALL** West Ward Families  
When: **Saturday, February 13, 2010**  
Time: **10:30 a.m. to 2:30 p.m.**

Where: **Paxinosa School, 1221 Northampton St, Easton**

**Come out for a fun day of healthy living. All families are welcome to enjoy a great day of FREE healthy snacks, activities, and giveaway prizes!!**

Check out the next issue of the West Ward Mosaic for more detailed information!

The next **COMMUNITY POLICING/SAFETY MEETING** will be **Thursday January 21<sup>st</sup> at 7:00 pm** at the **Salvation Army** on Northampton Street. Don't sit at home watching TV when you can come hear Detective Darren Snyder talk about real life "CSI" stories and how real investigations are done in the City of Easton!!



Lt. John Remaley will speak about the deployment of the new "Problem Oriented Policing" (POPS) unit for the Easton Police Department.



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**Neighborhood Restoration Committee**

Always looking for new members!  
CHECK OUT THE WEBSITE at  
[www.restorewestward.com!](http://www.restorewestward.com)  
MEETINGS TO BE ANNOUNCED MONTHLY IN  
THE MOSAIC.

The Chairperson position for this committee is vacant. If you are interested in more information contact Laura Accetta @ 610-250-2066.

**ATTENTION  
Adults and Children!!!**

If you are in need of winter coats, hats, gloves or scarves

Please contact Lisa Bedoya at  
610-250-2551  
ext. 24323.

**Easton Weed & Seed  
Committee Meeting Schedule  
& Contact Information**  
*Meetings Open to the Public*  
**RESIDENT PARTICIPATION IS  
ENCOURAGED!**

**New Time**

**& Place**

**AID Team**

AID Meets 1<sup>st</sup> Thursday at 4:00 p.m.  
Paxinoso Elementary School Library  
Chair - Lori Metz 610-258-6158 x22

**Community Policing (Safety)**

Meets 3<sup>rd</sup> Thursday at 7:00 p.m.  
Salvation Army  
Chair - Lt. J. Remaley 610-250-6660

**Prevention, Intervention & Treatment  
(PIT)**

Meets 2<sup>nd</sup> Monday at 3:30 p.m.  
Easton Area Public Library  
Chair - Louella Morris 610-515-0657

**Easton Area Violence Prevention Task  
Force**

Meets 2<sup>nd</sup> Tuesday at 3:30 p.m.  
6<sup>th</sup> Floor Alpha Building  
Chair - Pastor Sue Ruggles

**Neighborhood Restoration**

Meetings to be announced  
Chair - VACANT

For additional information contact  
Laura Accetta, Site Coordinator at (610)  
250-2066 or  
[laccetta@easton-pa.gov](mailto:laccetta@easton-pa.gov)

**Easton Block Watch ...**  
is looking for Block Captains and Sector Coordinators.  
How does Block Watch work?  
We establish a formal network for citizens to exchange ideas and information with their neighbors and with the Police, reporting on suspicious or unusual activity in their communities and forwarding that info to the proper authorities. Residents learn how to become the extended eyes and ears of the Police. Participants also learn the best techniques for securing their homes and property. Under no circumstances are Block Watch participants asked to perform law enforcement duties. There are no block Watch tasks that would put anyone at risk. Studies have shown that citizens and law enforcement officers working together can have a positive impact on the crime rate.  
For more info please contact: Brian L. Otto at 610-217-9990 OR Melody Rogers at 610-253-5512.



**Quarterly Blockwatch Meeting scheduled for  
January 28, 2010 at the State Theater  
(use Main Entrance and go upstairs)  
Sign in at 6:30 pm ~ Meeting starts at 7:00 pm**

**Employment Opportunities**

For Employment Opportunities with Community Action Council of the Lehigh Valley (CACLV) Check out WWW.CACLV.ORG or call 610-691-5620 for more information.

Census Jobs ~ register to take the test at Easton Community Center. YOU MUST CALL 484 224 2290 TO MAKE AN APPOINTMENT. Testing will be held 12:00 -2:00 pm on the following dates: January 21, 28 ~ February 4,11,18, 25 ~ March 4,11,18.

2010 Census Available positions- Census Takers, Crew Leaders, Crew Leader Assistants, Recruiting Assistants, Census Clerks  
Earn good pay, get paid weekly, work flexible hours, receive paid training, receive reimbursement for authorized mileage and other work-related expenses, help your community have a successful 2010 census.  
More information, including a practice test, go to [www.2010censusjobs.gov](http://www.2010censusjobs.gov) or call the toll free jobs line 1-866-861-2010

**EMPLOYERS:** Post your employment needs here...It's FREE! Email your information to [weedandseed@easton-pa.gov](mailto:weedandseed@easton-pa.gov).



**SAVE THE DATE**

**January 21, 2010 ~ 7 PM ~ COMMUNITY POLICING/SAFETY MEETING ~ at the Salvation Army**

**January 28, 2010 ~ Quarterly Blockwatch Meeting ~ at the State Theater**

**February 13, 2010 ~ Good Eats & Good Treats ~ at Paxinoso Elementary School**

**For further information contact the Weed & Seed office at 610-250-2066.**

**Kudos**

**Thank you to all who volunteered  
and or made donations to make  
our Pizza with Santa event a  
HUGE SUCCESS!!**