

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

**New Time
& Place** 🌟

AID Team

AID Meets 1st Thursday at 6:00 p.m.
Christ Lutheran Church, 1100 Ferry Street
Chair - Lori Metz 610-258-6158 x22

Community Policing (Safety)

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

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

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

Gang Task Force

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

Neighborhood Restoration

Meets 3rd Tuesday at 7:00 p.m.
120 South Sixth Street
Chair - Holly Gafford 484-896-0016

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

Employment Opportunities

Easton Area Neighborhood Centers, Inc.

FT (2) year contract case management supervisor position available as part of an intensive case management pilot project designed to provide homelessness prevention assistance to residents of Northampton County who are at risk of homelessness. Bachelors Degree in social work or related field, experience preferred. Competitive salary. EOE. Send resumes via email to jmiddleton@Eastonanc.org or apply to: Easton Area Neighborhood Centers, Inc., 902 Philadelphia Road, Easton, PA 18042 (Attn: Jeana Middleton, Administrative Assistant).

Opportunities from Community Action Council of the Lehigh Valley (CACLV)
Call 610-691-5620 for more information about the following:

ARRA Operations Manager (energy partnership) \$30-\$45,000

Case Worker – Daytime Program Safe Harbor in Easton \$12.10-\$17.60/hour

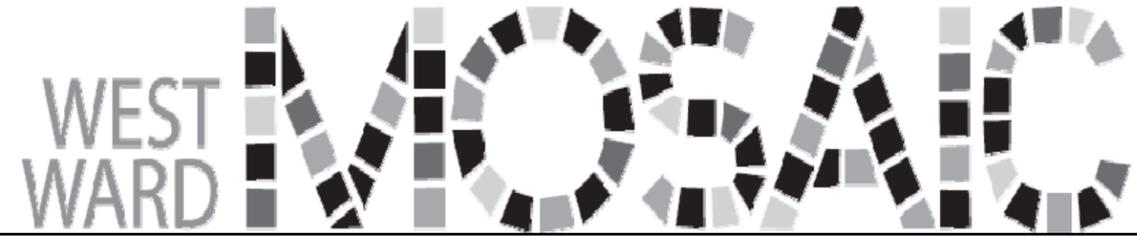
Administrative Secretary - Third Street Alliance \$11-\$15.40/hour

Relief Care Taker (Security/maintenance) – Sixth Street Shelter \$7.15-\$10/hour

Warehouse Worker/Driver – Second Harvest Food Bank \$11-\$15.40/hour

Project Coordinator – Second Harvest Food Bank \$12.64-\$18.96/hour

EMPLOYERS: Post your employment needs here...It's FREE! Email your information to weedandseed@easton-pa.gov.



Published By Weed and Seed

November 2009



Cherubina Ristorante
Casual Dining
1001 Northampton Street
610-258-2336

After owning and operating the Riegelsville Inn for 23 years, Harry Creager, Jr. and his wife, Fran decided they wanted something smaller. After searching in several areas, they found the property at 1001 Northampton Street. It was perfect...they could live upstairs and have a smaller business downstairs! Harry and Fran opened their doors for business in 1997 on Valentine's Day! Cherubina Ristorante is a quant and cozy atmosphere offering a wide variety of cuisine at reasonable prices. It is casual dining at its best! Reservations are recommended but not required. Their hours are as follows: Sunday and Tuesday, call first as their hours are flexible on these days ~ Monday and Saturday serving dinner only ~ Wednesday, Thursday and Friday serving lunch and dinner. Check out their lunch specials...they are cheaper than fast food and MUCH BETTER!

So next time you make plans to eat out, why not visit Harry and Fran ~ don't forget to call first ~ and tell them you read about them in the West Ward Mosaic! Enjoy!



Contact the Weed & Seed Office at 610-250-2066 or at 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. To view the West Ward Mosaic, click on Weed & Seed Initiative.



**SAVE THE
DATE**



**December 19, 2009 ~
Pizza with Santa**

**Easton Area Community Center
901 Washington Street
Noon—2:00PM**



**For further information contact
the Weed & Seed
office at 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.

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.

NEARLY 24 MILLION AMERICANS LIVE WITH DIABETES

However, common misconceptions about this serious disease still exist. Read on to find out more.....

MYTH: You can't prevent type 2 diabetes-----especially if it runs in the family.

FACT: You can prevent or delay the onset of diabetes even if one or more relatives have diabetes. In fact losing just 5 to 7 percent of your body weight can reduce your risk. (That's a weight loss of 10 to 14 pounds for a 200 pound person). How to do it? Make healthier choices when grocery shopping and eating out and resolve to exercise for 30 minutes most days of the week.

MYTH: Eating too much food high in sugar causes diabetes.

FACT: As with most things, moderation is key. Although sugar is often seen as the bad guy, the truth is that if unhealthy, foods such as ice cream, doughnuts, chips, fries and greasy burgers are a regular part of your diet, you're increasing your risk of developing diabetes. It's not because of the sugar content though its because these food pack on the pounds.

MYTH: If you have diabetes, you'll eventually suffer complications such as heart attack , stroke, blindness, kidney failure and lower-limb amputations.

FACT: If you're diagnosed with diabetes you can take steps to reduce your risk of developing complications or at the very least, delay their onset. You need to get your blood sugar and cholesterol under control, maintain a healthy diet and get regular exercise, this is key to staying as healthy as possible. If you don't have your A1C level measured regularly this simple test give you your average blood-glucose control over time, ask your physician about doing so. The results can tell you and your physician how you're doing in the long run in your quest to keep your blood sugar under control.

MYTH: If you have diabetes, you should stick with diabetic and dietetic versions of foods.

FACT: The American Diabetes Association says that these foods offer no special benefit and still raise blood sugar levels. They may also have a laxative effect if they contain sugar alcohols. Don't fall into the trap of thinking you can eat all you want of fat-free or sugar-free foods. They're not calorie-free.



BECOMING A RESPONSIBLE HEALTHCARE CONSUMER

Keep your own medical history! In this paperless, electronic age, it's wise to have a good old-fashioned hard copy of your medical history. Despite the diligence of health care providers, if you see a number of doctors, there's always the potential for a miscommunication or a mix-up regarding medication, diagnoses and treatments between multiple physicians.

A good backup is to keep an original copy of your own personal history and medical information in printed or electronic form, depending on your preference. Starting your own personal record system is simpler than you think and you probably already have many of the necessary documents. It's a good idea to request copies in writing from your physicians. Once you've begun your file or three-ring binder, make sure the information is accessible. Create a well marked filing system that makes sense to you and to others who may need to access it. Arming yourself with your personal and family health history will also educate and empower you to make more informed healthcare decisions. It also helps you to remember questions you may have about your health or treatment during your next visit with a healthcare provider. This makes you a more proactive and responsible healthcare consumer and a more satisfied patient.

10 Tips to Stay Safe

Share this with everyone you know and use it yourself. It never hurts to be careful in this crazy world we live in.

1. The *ELBOW* is the strongest point on your body. If you are close enough to use it, do it!
2. If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you, chances are that he is more interested in it than you so when he goes for it...RUN LIKE MAD IN THE OTHER DIRECTION!
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy...The driver won't see you, but everybody else will.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.) DON'T DO THIS! This is the perfect opportunity for a predator to get in on the passenger side. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE! If someone is in the car with a gun to your head...DO NOT DRIVE OFF SLOWLY, I Repeat, DO NOT DRIVE OFF SLOWLY! INSTEAD GUN THE ENGINE! and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat, they will get the worst of it! As soon as the car crashes bail out and run!
5. When getting into your car in a parking lot or parking garage:
 - A.) Be aware: look around you, look into your car, at the passenger side floor and in the back seat.
 - B.) If you are parked next to a big van, enter your car from the passenger door. Most attacks happen by pulling victims into vans while attempting to get into their car.
 - C.) Look at the car parked on the driver's side of your vehicle, and the passenger side...If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.
6. ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot.
7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN, preferably in a zig-zag pattern!
8. Women...STOP BEING *SYMPATHETIC*:
It may get you raped or killed. Serial killers can be good-looking, well educated man, and will play on the sympathies of unsuspecting women. They walk with a cane, or a limp, and often ask 'for help' into their vehicles which is when they abduct their next victim.
9. The Crying Baby Theory was mentioned on America 's Most Wanted when they profiled a serial killer in Louisiana.
If you hear a crying baby on your porch CALL THE POLICE IMMEDIATELY! DO NOT open the door.
A serial killer has a baby's cry recorded and uses it to coax people out of their homes thinking that someone dropped off a baby.
10. Water scam! If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your outside taps full blast so that you will go out to investigate and then they attack.

Stay alert, keep safe and look out for your neighbors! Share this with everyone you can! It's better safe than sorry!

The Assistance for Impact Delegation (AID) Team is the Easton Weed & Seed Steering Committee. PA Commission of Crime and Delinquency mandates that 50% of the AID Team be composed of residents or anyone with a vested interest in the West Ward (i.e. local organizations, landlords, business owners and faith based). This team makes decisions regarding funding programs addressing quality of life and safety issues, it is for this reason we are recruiting new members with a serious interest in their community. If you are able to commit to one meeting per month (max. 1 – 1 ½ hours) we would appreciate your support so that Weed & Seed remains viable and active. Please consider joining the **AID Team** so that we may continue funding programs such as Easton Area Community Center after School Program, Easton Area Neighborhood Center, A Place for Us (EASD), Summer Nights, Police Athletic League and help fund even more. Call Laura Accetta, Site Coordinator, at 610-250-2066 if you are interested in joining or for more information.

NEXT MEETING: December 3, 2009 at 6:00 PM at Christ Lutheran Church, 1100 Ferry Street ~ Hope to see you there!

The NEIGHBORHOOD RESTORATION COMMITTEE is always looking for individuals interested in joining this committee. A Committee dedicated to the restoration of the West Ward Community.



We meet EVERY 3rd Tuesday at 7:00 PM!
We meet at 120 South 6th Street, Holly Gafford, the Committee Chairs house.

For more information visit [HTTP://sites.google.com/site/restorewestward/](http://sites.google.com/site/restorewestward/)
PLEASE JOIN US and show your commitment to your community!

SAFE PASSAGE SAFE HAVENS

The program is now up and running but we need your help! This program is for a good cause - TO PROTECT OUR CHILDREN! We need more West Ward residents and businesses to get involved so we can offer as many SAFE HAVENS as possible.

For more information or to find out how you can get involved in the program ~ Call Lt. John Remaley at 610-250-6752 or email him at jremaley@easton-pa.gov.

**WE NEED YOU TO HELP US PROTECT THE CHILDREN!!
FIND OUT HOW TODAY!!**



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 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



Happy Thanksgiving
From ALL of us at
Easton Weed & Seed



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

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.

The Easton Area Neighborhood Centers, Inc. has information regarding Met-Ed, First Energy and UGI Energy Programs. They can also provide information on Food Banks, Rental Assistance, Transitional Shelter, Senior Supplement and Senior Transportation Programs. Contact them today at 610-253-4253.

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

CARE NET 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 610-559-9327
1034 Hamilton St., Allentown 610-821-4000

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

www.carenety.org

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

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
or
1520 Hanover Avenue, Allentown, PA 18109

Educational Programs Prenatal to 5 Years Old

MUST HAVE SCREENINGS FOR MEN

Men: Do you take better care of your car than your health? Change your oil regularly but forgot the last time you saw your doctor? You may be missing a chance to catch a developing health condition before it becomes a problem. No matter your age, it's not too late to make changes and get health screenings that can reduce your risk for these top killers of American men. Talk with your doctor about your personal risk factors and exams you may need such as chest X-rays, if you smoke, or bone density scans.

EXAM/SCREENING	WHEN
blood pressure screening	each regular healthcare visit or at least every two years
cholesterol screening	at least every five years
blood sugar test	every three years
body mass index	each regular healthcare visit
colorectal cancer screening	every one to 10 years, depending on the test your doctor uses.
prostate screening and digital rectal exam	ask your doctor about the pros and cons of yearly begin at age 40 for high risk age 45 if African American and age 50 for all with at least a 10-year life expectancy

Prevent Post-Heart Attack Anxiety

- Eat healthy
- Exercise
- Avoid tobacco and caffeine
- Breathe deeply when you feel anxious
- Be patient
- Discuss your feelings with a spouse, friend or doctor
- Write in a diary if it's hard to discuss your concerns
- Do something you enjoy daily!

10 STEPS TO A HEALTHY COLON

1. Choose whole grain. While recent research shows no correlation between fiber intake and colon cancer, there is evidence that whole grains lower your risk.
2. Work it out. Aim for 45 minutes of vigorous activity five or more times a week, Swim laps in the pool, take an aerobics class or play outside with your children or grandchildren.
3. Pop Pills. Ask your physician about taking a daily multi-vitamin with folic acid to keep your colon happy.
4. Choose chicken not beef. Diets high in processed and red meats are linked to an increased colorectal cancer risk.
5. Get a colonoscopy. Schedule your first exam when you turn 50 and repeat every 10 years after that. If you have Inflammatory Bowel Disease (IBS) or a family history of colorectal polyps or cancer, talk to your physician about getting screened earlier and more frequently.
6. Be a quitter. Smokers are more likely to develop and die from colorectal cancer.
7. Go green. Eat five or more servings of fruits and veggies each day.
8. Drop the pounds. Obesity has been linked to colon cancer. Talk to your physician about getting your body mass index BMI below 25.
9. Bone up. Increase calcium and vitamin D intake. Just keep calcium below 1,500mb if you're a male any more and you could raise your risk of prostate cancer.
10. Drink responsibly. Heavy alcohol use is associated with colon problems, limit intake to two drinks a day for men, one for women.



HOW TO SAVE YOUR VISION

Glaucoma is the leading cause of blindness in this county. A gradual increase in the pressure inside the eye damages the optic nerve, leading to vision loss. You can protect your vision if glaucoma is caught early. The National Eye Institute recommends a dilated eye exam every two years for everyone over age 60. Ask your eye care provider if you need testing sooner or more often.



COUNTY OF NORTHAMPTON AREA AGENCY ON AGING

DELORES MILLER, APPRISE COUNSELOR, 610-559-3245 OR TOLL FREE 1-800-322-9269

Apprise counselors are trained to help people understand the various types of insurance available with easy to understand information and assist with completing medical insurance paperwork. Volunteers help people understand original Medicare benefits and services and make informed choices about Medicare coverage options. They'll help you understand the Medicare appeals process and assist with appeal paperwork, select a Medi-gap insurance policy by explaining the benefits offered under each plan. They can inform individuals about eligibility for prescription drug programs and programs that pay Medicare deductibles, co-payments and Part B premiums. If you need assistance please call your Apprise Counselor.