



Fineview & Perry Hilltop Citizens Councils
Community Gathering : Health Positive & Building a Healthy Community
AGENDA

Date: Tuesday, March 28, 2023 | 6pm

Location: PGH PROJECT SANCTUARY | 2601 Norwood Ave

Facilitators:

- **Kimberly Lee, Fineview Citizens Council Board Member**
- **Genafie McKnight Perry Hilltop Citizens Council Board Member**

Focus: Health & Wellness

Shared Staff: **Nancy Noszka**, Interim Executive Director; **Rhonda Strozier**, Operations Manager; **Carla Arnold**, Director of Community Outreach and Engagement; **Lisa Vasser**, Administrative Assistant; **Christine Whispell**, Communications Specialist; **Jordan Smith**, Choice Community Project Coordinator;

- 1. MINDFUL EXERCISE + Welcome - Read Vision Together - Christine, 2 min**
*We build a **C.A.R.I.N.G.** community. One that's Collaborative, Advocating, Respectful, Inspiring, Neighborly, and Gracious.*
- 2. Introductions - 15 min** (everyone is provided up to 30 seconds)
 - a. Name, Place where you live / organization you represent.
 - b. Share something new or something good
- 3. Public Safety Update - Pittsburgh Police - 5 min**
- 4. Health Positive Wellness -**
 - a. Physical health - Presentation Prevention & Awareness of Stroke (Kimberly Lee, **15 min**)
 - b. Mental health - Presentation (Genafie McKnight, **15 min**)
 - c. Mindful Moments - (Christine Whispell CRMT, MBSR) **2 min**
 - i. Take home Journal activity
 - ii. Take home Mindful Coloring Sheet
 - d. Update our resource guide online
 - i. https://www.ourfuturehilltop.org/_files/ugd/653fab_e35b0c156cc24cd7bde0686606201479.pdf
 - ii. <https://www.ourfuturehilltop.org/community-resources>
- 5. Other Announcements - 10 min -**
 - a. **Volunteer Sign Up: Anything Carla needs help with?**

- b. Working Groups?
- c. Neighbor needs / share

6. JOIN US - upcoming events - SEE our [website](#) & Facebook for upcoming events -
- a. Mindful Mondays - Christine Every week: See [website](#) for details
 - b. Litter Brigade Mondays - 5PM meet at the Overlook for a litter walk and cleanup
 - c. FIRST FRIDAY BOWLING - elks club

7. Resources - written only

- ❖ Past Board Minutes & Decisions
 - [FCC](#)
 - [PHCC](#)
- ❖ Food Distribution:
 - Propel Wellness Center | 2nd & 4th Saturdays |
1835 Buena Vista Street
 - Light of Life| PGH Project | Wednesdays 10-2 pm |
2801 N Charles Street
 - Pittsburgh Higher Ground Ministry | 2nd & 4th Tuesdays |
3505 Perrysville Ave
- ❖ Jobs:
 - [NorthsideWorks](#), Northside Chamber of Commerce
- ❖ Senior Activities:
 - Senior Fitness | Pittsburgh Higher Ground | 10 am
3505 Perrysville Ave -

STAY, CONNECT & NETWORK



NOT A MEMBER YET? Join today! Your 1st Year is FREE :-D
[Membership](#)

Interested in volunteering or getting involved?

Let Staff or a Board of Director know or email
carla@ourfuturehilltop.org

WANT REGULAR UPDATES? Follow-us!



Visit:

www.ourfuturehilltop.org or www.alleghenydwellingchoice.org