



Turtle Creek Valley Mental Health/Mental Retardation, Inc. Agency Newsletter

TCV Agency Picnic

TCV staff, friends and families had a great time at the Agency picnic at the Riverplex, which is adjacent to Sandcastle. There were over 300 employees who attended lunch with their immediate family as guests. Employees were able to purchase discounted tickets to Sandcastle. After lunch, TCV staff and families enjoyed the hot and sunny weather on the lazy river or slides.

Door prizes were raffled off to staff. Companies that donated the door prizes included: *AJ Silberman's, Bob's Auditorium, Carnegie Science Center, Ron Brannigan, Dipcraft MFG, Environmental Air Systems,*



TCV Volleyball Tournament

Frick Art & Historical Center, Edgewood Towne Center Giant Eagle, Just Ducky Tours, Bob Scherer Locksmith, Mele Brothers and Sister Florist, Nancy Janosko, Omega Federal Credit Union, Paper Products Company, Pittsburgh Ballet Theater, Pittsburgh Pirates, Pittsburgh Steelers, Pittsburgh Symphony Orchestra, Pittsburgh Zoo and Aquarium, Premier Comp Solutions, Sam's Club and the Andy Warhol Museum. Thank you to all donors.



Having fun at the picnic!

Special thank you to **Jennifer Brannigan** who coordinated the picnic and the following staff members who assisted in making the picnic a great success: **Jean Miller, Mimi Silinski, Margaret Clapie, Kym Mroziak, Jerry Potts** and **Nancy Janosko.**

Off to the Beach!

~Janie King

On June 3rd, consumers from Brinton Manor set sail for Ocean City, Maryland for a week's vacation.

Everyone was anxious to get on the road. The trip had been planned for several months and the anticipation was building. Once we arrived in Ocean City, everyone was quite excited. The condos were beautiful and very spacious. The picture shown was taken on the balcony of the condo. The balcony provided a great view of the scenery. While vacationing, there were many things to do. It did rain a couple of days, on and off, but that didn't stop us. One of the greatest perks that we enjoyed the most was the fact that our condo was right on the boardwalk. The boardwalk was full of action – people walking and playing music; there was also stores, games, rides, food, etc. We did a lot on vacation. We biked on the boardwalk in the morning, visited the sights, played games, walked on the boardwalk, went out to dinner, shopped, went to the beach and watched people on the beach playing volleyball and played cards. The trip was a great success and everyone had an enjoyable vacation. Special thanks to those programs who lent us their Agency vans for transportation.



Enjoying the hotel's balcony

Turtle Creek Valley
MH/MR, Inc.

Volume 5, Issue 3 - July, '06
~Inside~

IS Department Tips	2
Psych/Soc Rehab News	3
Community Link News	3
Children's Prevention Dept. News	4/5
Beer Is A Drug	6
Employee Profile	7
EITC Program	9

IS Department Computer Tips

~ *Mike Mariaskin*

Accessing email from home

1. Connect to the internet.
2. Open your web browser (Internet Explorer, Firefox, Mozilla, Netscape)
3. Browse to the agency's Webmail site (<https://mail.tcvmhmr.org/exchange/>)
4. The first field asks for Domain\Username. Use tcvmhmr for the domain and your network username for the username (Format should look like tcvmhmr\your_username).
5. The second field asks for a Password. Type your network password in this field.
6. Click the "Log On" button to access your email.

The network has both private and public drives accessible to staff for storage space. Below is a description of what each drive is used for.

C: - This is the locally installed hard drive on your computer. Files should not be saved on this disk, as hardware failure may result in significant loss of data.

D: - Typically this is your CD-Drive.

G: - This is the Common Drive. You will find useful files and information here. This is also a drive where you can save files that are relevant to the entire agency. Files should be saved in folders in this directory and not at the root level.

H: - This is the Departmental Drive. This drive contains directories that have been created for particular departments and staff. These directories restrict access to anyone except appropriate staff.

P: - The P drive servers as the agencies PHI storage drive. If you have any files that contain PHI, you must request a directory on this drive and keep all files that contain PHI in your P: directory. This drive also includes shared departmental directories for PHI.

R: - This drive is used only by DUI staff at the South Side location. Access is restricted to only DUI staff.

U: - This is the Users drive. Each employee has their own secure directory on this drive. Saving files to your "My Documents" results in files being saved to this drive. This drive is for storage of all of your files that DO NOT contain PHI.

Y: - The Cyma Y: drive is only used by the Fiscal Department.

TCV Farm Stand

~ *Amy Sljva-Blystone*

TCV MH/MR, Inc. and Action Housing will be participating in the 2006 Farm Stand project sponsored by the Greater Pittsburgh Community Food Bank. The stands will be open every Wednesday from June 14-November 15, 2006. TCV's farm stands will be located in the courtyard at the Turtle Creek Human Services building (519 Penn Avenue) from 12-3 and in the Family Dollar parking lot in Braddock from 11-2.

We accept cash, EBT, WIC and Senior/FMNP Vouchers. The proceeds from the farms stand goes toward services provided at TCV MH/MR, Inc.

Un-Dependence Day

~ PSR Staff

On July 3, 2006, the Allegheny County Coalition for Recovery held a special event for mental health consumers and people in our community to declare their un-dependence and to pledge to assist others on their road to recovery. Un-Dependence Day was held on the grounds outside the Oakland Catholic Library from 11:00 AM to 4:00 PM. The Allegheny County Coalition for Recovery provided Pledge Certificates for everyone to sign and display.

Tents were set up with balloon decorations and signs. Hot dogs, drinks and cookies were given out to anyone attending. There was also uplifting music and great camaraderie. Everyone had a good time. The Balloon Man was there to make balloon hats for children and adults.

TCV MH/MR, Inc. staff, peer-staff and consumers handed out brochures and talked to people about our services and the caring environment at our Agency. The various other providers handed out brochures, literature, give-aways, and some tables raffled off items such as T-shirts, mugs and baskets of items.

“It was a great way to show the Pittsburgh community that mental health consumers can have fun and empower themselves at the same time,” stated **Sandra K.** It was a great day to get together, share information, educate and empower consumers and to remove some of the stigma of mental illness in today’s society.

Drop In Trip to Pizza Hut

~ Diana Omeis

Thirteen people from the PSR Department participated in a Wednesday night drop-in activity at the Pizza Hut Buffet on Buttermilk Hollow Road. Pizza Hut was generous, and gave the department a discount. Good food and fun were enjoyed by all as evidenced in comments from a few of the participants. **GG** said that “it was great to taste all the different kinds of pizza, and our waitress was awesome.” “I had a good time talking and laughing while we were all together in the community. The pizza just kept on coming,” said **CD.**

Community Link Happenings

~ Denice Scherrbaum

The Community Link Program has been very busy. Community Link supports consumers Monday through Friday with community outings such as YMCA, bowling, karate, mall walking and an arts and crafts group held at St. Roberts. In addition to the M-F groups during the day, we also have a Wednesday evening group, Friday Ladies Night out and a coffee house every other week at the Steel Valley Adult Training Facility and St. Roberts. The consumers enjoyed events such as the Three Rivers Arts Festival, going to Borders Books, local fairs, movies and eating out. The big event was a camping trip to Raccoon State Park from June 12 to the 14. Nineteen campers enjoyed hiking, building camp fires, smores, arts and crafts and of course a trip to Janoski’s. Thirty consumers also went to the Benedum center to see the musical “Grease.” July is off to a good start with tickets to see “42nd Street” at the Benedum. **Plans are underway for the big event of the year “Fall Into Fashion” fashion show to be held October 7th at St. Roberts. Hope to see you there!**

Welcome to new employees!

Diane Bauer - SV COG
Nathan Cooley - St. Roberts
Sharon Cotton - SV COG TSS
Mary Hancock - 723 Fiscal
Lisa Hillhouse - SV COG Wraparound
Hudhaifa I smaeli - CRRS HH
Samer Kazour - SV COG Family
Mark Kennedy - St. Roberts
Megan McGrail- SV COG TSS
Mary Jane Riffle - CRRS HH
Steve Senick - SV COG ATF
Christina Smouse - HH ICM
Adrienne Williams- CHI MR Tioga
Andrew Zaitsoff - CRRS HH



Goodbye and Good luck!

Lucretia Blue - CHI MR Crestview
I binye Brown - CHI MR 16th
Kelly Dougherty - CHI MR Crestview
DeAndrea Dudley - CRRS HH
Brian Fuller - 723 Fiscal
Christine Gerhold - CRRS HH
Jane Gyugyi - CRRS HH
Ned Johnstone - CHI MR Lynda Lane
Phil Moses - CHI MR Brinton
Ashley Murphy- St. Roberts
Carol Roebuck - SV COG PSR
Julia Thompson- SV COG Prevention
Ricardo Williams - 723 Prevention

Tri Boro CTC honors Woodland Hills High Honor Students

The Tri Boro Communities That Care (Braddock, North Braddock and Rankin Boroughs) unveiled it's third new billboard in their billboard campaign that recognizes positive youth development and academic achievement in late May.

In the first two sets of billboards, Woodland Hills school principals were asked to nominate students who were exemplary in grades and stature to be on their community's billboard. In the third set of billboards, the high school principal was asked to nominate graduating seniors who proved to be positive role models throughout the year. The billboards were located on Miller and Gas Streets in Rankin for the Rankin students, Braddock and 6th Street for the Braddock students and Rt. 30 towards Ardmore Boulevard for North Braddock students. No one has purchased the advertising space in Rankin and Braddock; stop by to check them out before it's too late!

The **Tri Boro Communities that Care (CTC) Project** would like to applaud these very special Woodland Hills School District Seniors for being nominated for the billboards: **Chaz Jenkins** from Braddock, **Tiffany Ake**, **Jessica Bolden** and **Kaleena Smart** from North Braddock and **Darius Taylor** and **David Malloy** from Rankin.

This community awareness activity has been funded by the Pennsylvania Commission on Crime and Delinquency under the Tri Boro Communities That Care (CTC) Sustainability Grant. The Tri-Boro CTC Prevention Board and the lead agency, TCV, are hopeful that additional funding will be provided to continue the billboard campaign next school year.

The goal of the Tri Boro Communities That Care is to help promote the positive development of children and families and to prevent adolescent substance abuse, delinquency, teen pregnancy, school dropout, and violence.

Tri Boro Communities That Care engages a diverse group of people who live and work in Braddock, North Braddock and Rankin to get involved and focus on prevention and youth development at all levels. We reach the young and old, rich and poor, in their homes, in school and in the community. Please call **Lisa Freeman** at 412-464-1522 x500 for further information.



Rankin Billboard (Miller/Gas Streets)



North Braddock Billboard (RT 30 twds Ardmore Blvd)



Braddock Billboard (Braddock Ave/6th St)

Congrats

TCV MH/MR, Inc.'s Department of Children and Family Services recently received notification that they have received funding of three proposals, the **School and Community Based Tobacco Prevention and Cessation proposal**, **Communities That Care project**, and **CASASTART**. **Many dedicated staff put long hours into working on these proposals.**

The School and Community Based Tobacco Prevention and Cessation proposal was prepared by **Steve Zmigrosky, Janet Carroll, Arlene Shanks and Bernie Galanko.**

The Pennsylvania Commission on Crime and Delinquency to sustain the Communities That Care project proposal was prepared by **Lisa Freeman, Mark Mariaskin, Kym Mroziak and Bernie Galanko.**

The Pennsylvania Commission on Crime and Delinquency – CASASTART. This is a new 4 year grant proposal prepared by **Mark Mariaskin, Bernie Galanko, Rick Williams and Kym Mroziak.**

Congratulations and thank you to all of the staff who worked on these projects.

TCV MH/MR, Inc. Wilmerding YMCA 5K Run/Walk

On June 3rd, TCV MH/MR, Inc. and the Wilmerding YMCA held their first annual Prevention Health Awareness 5K Walk/Run at the Waterfront in Homestead. The event was a great success with around 60 participants.



Registering for the 5K

Prizes were awarded for the first place runner winners in 14 different age categories. All participants received information from Tobacco Free

Allegheny and a free healthy breakfast

consisting of bananas, bagels and juices. Thank you to all participants, donors and supporters, especially Allegheny Power, for printing the banners that were posted in Homestead and Tobacco Free Allegheny for being a big contributor to the event.



On your mark!!

TCV Holds 24th Annual Teen Institute Leadership Training Program

~ Steve Zmigrosky

TCV'S Family Services Prevention Unit conducted its annual Teen Institute Leadership Training Program on April 20 and 21st at Linden Hall. Twenty-eight high school students from six schools (Allderdice, Schenley, Oliver, Steel Valley, Brentwood and Baldwin) were in attendance. The overall theme of this year's program was developing a life based on integrity. The participants received workshops in understanding their own life story, belonging, being aware of the main influences in their lives, the dangers of substance abuse, and how to make a difference in their own school and community. The evening program on the first day was a presentation by Gregory Gibson Kenney of Educate Us Productions on the power of teamwork and overcoming obstacles to reach goals. At the program's conclusion, the students were asked to return to their schools and communities with a new vigor to make a commitment to make things around them a little bit better than they found them. TCV staff involved are Coordinator **Steve Zmigrosky**, and Prevention Team members **Janet Carroll**, **Elizabeth Pepe** and **Ed Ford**. A big thank you also goes out to the United Steelworkers of America for the use of Linden Hall, and to the Adult Advisors from each school attending with their students.

2nd Annual Mentoring Awareness Day

TCV MH/MR, Inc. and the Mentoring Partnership of Southwestern PA co-sponsored the 2nd Annual Mentoring Awareness Day on Saturday, June 3, 2006, at the Waterfront courtyard area (near Starbucks) from 1:00 – 4:00 PM.

The free event was emceed by Anji Corley from the WAMO morning show. Entertainment and interactive programs were provided by the Ambridge High School Steel Drum Band, Pittsburgh Zoo Mobile, and the Carnegie Museum of Art. Giveaways and raffles were conducted every hour for audience participants. Children had the opportunity to meet and greet players from the Pittsburgh Passion female football team.

The TCV Tobacco Prevention Team, funded by Tobacco Free Allegheny, held health education games, the Smoke Free Family Pledge and cessation opportunities for those who wanted to break free from habitual smoking.

Over 10 agencies were on hand to provide information on mentoring programs throughout Allegheny County. There are more than **13,860** youth in active mentoring relationships and almost 2000 children are still on waiting lists for a mentor in Allegheny County alone. Mentoring is a proven, cost efficient and effective method of helping young people. One study of 900 children found that the presence or absence of adult mentors was the most significant variable of whether children end up on a street corner or in a stable job. Being a positive influence in a child's life makes a difference.



Ambridge HS Steel Drum band livening up the event

Beer is a Drug!

~Stephanie Vargo

Yes, beer is a drug just like heroin, cocaine and marijuana. Even though most chemical dependency treatment centers state that they provide Drug and Alcohol treatment, the distinction between “drugs” and “alcohol” is misleading. Addictive, mind altering substances have several things in common. First, these substances alter consciousness. They impair an individual’s ability to reason, to make sound judgments, and interfere with reaction time, visual acuity, and gross and fine motor abilities.

The addictive potential of any mind altering chemical is measured by the interval of time between use and feeling “high” or “buzzed” and the length and intensity of the pleasurable state. This is why most long acting antidepressant medications have very low abuse potential—it can take up to 6 to 8 weeks for the positive effects to become apparent, and there is a big difference between a decrease in depressed feelings and feeling “high.” With addictive substances, the reward to the user is immediate, from minutes to about an hour.

According to the disease model of addiction and 12 Step Recovery Philosophy, “a drug, is a drug, is a drug...” It is common for users to make fine distinctions between benign and malevolent substances, between “good drugs” and “hard or bad drugs.” For example the chemical dependency treatment team at TCV MH/MR Alternatives has heard these same rationalizations hundreds of times: “I only drink beer... so I don’t really have a problem with alcohol. The local police have it out for me, that’s why I got 3 DUIs” or “I only smoke pot. Pot is natural and mellow, nothing like tobacco. I can stop using it any time I choose, even though I’m on probation for 2 possession charges” or “I snort a few lines of cocaine on the weekends. I would never do anything crazy like smoke crack.”

To catch fish, you’ve got to have delicious looking bait on the hook. From beer to martinis to prescription narcotic painkillers, the early use of potentially addictive substances can actually increase a user’s ability to function, be creative, feel confident, social and sexy—the bait on the hook is hard to resist. This first stage of the addiction process is called the Adaptive Stage and can last from weeks to years. Anyone who can drink the gang “under the table” and get up at dawn and make breakfast, with no signs of a hangover, isn’t someone who can hold their liquor. They are having an abnormal physical reaction to a substance that is toxic. These individuals are most at risk for alcoholism.

The second stage of addiction is the stage that results in physical dependency and acute withdrawal symptoms. This is the hook. Now the user needs the substance just to feel normal. Their brain, liver, and nervous system have adapted to the presence of the substance. The absence of the substance results in anxiety, depression, tremors, runny nose, nausea, and even hallucinations and delusions. Alcohol has one of the most dangerous and life threatening acute withdrawal syndromes of any substance. The mortality rate from withdrawal from heroin is significantly lower than the deaths that result from alcohol withdrawal. Beer can be deadly.

If you have any questions about substance addiction, withdrawal, and treatment or assessment options please contact the chemical dependency treatment team at the South Side, 412-381-2100, or Turtle Creek site, 412-824-9300.

Omission

~ Amy Sljva-Blystone

Our apologies for omitting Terry Moore out of the April newsletter’s article about the 2006 NAMI Southwestern PA Regional Conference. Terry had a significant role in the planning related to the conference. Also, he was responsible for working on the board “What peer staff means to me” where he received feedback from participants in the PSR department. Thank you Terry for your hard work!



Poster created by participants

Safety Message

~Jerry Potts

Watch Your Step!!

To avoid slips, trips and falls:

- Walk carefully on wet and waxed floors
- Clean up or report all spills
- Wipe your feet when coming in from the rain or snow
- Pick up ANYTHING you see on the floor
- Don't carry a stack of objects too tall to see over
- Use a safe stepladder to reach tall objects, not a box, chair or countertop
- Keep cords away from pathways
- As you walk, check your path for anything sticking out – drawers, supplies, trash cans, brooms and mops.
- Watch out for uneven floors and changes in floor level
- Keep your hands at your sides, not your pockets

SAFETY FIRST TODAY



Stairway Safety

DO:

- Use handrails
- Watch out for loose or worn flooring
- Watch out for loose, torn or worn carpet
- Report burned-out bulbs or poor lighting
- Pick up any foreign objects
- Pay attention to where you're going
- WALK

Don't:

- Store or throw anything on steps or stairways
- RUN

Call the Maintenance Department 412-351-0222 x462 to report any maintenance problems.



Employee Spotlight

Every newsletter will randomly profile an employee. Who will be next?

Employee Name: Deana Orsino

Site Location: Steel Valley COG Outpatient

How long have you worked here?: It will be 5 years that I've worked for the agency in October.

What is your position? Out-Patient therapist

What do you like best about working at TCV? Interaction with both staff and consumers. For the most part, everyone is friendly and supportive

What was your very first job? Cotton candy maker at Kennywood

What is your favorite movie of all time? Silence of the Lambs

If you could have dinner with anyone (living or dead) who would you choose? Oprah Winfrey

What three things can always be found in your refrigerator? Milk, eggs and yogurt

What is your favorite vacation spot? Cape Cod

What accomplishment would you say that you are most proud of? Obtaining a master's degree and license in social work

Whom do you most admire and why? My younger brother because he is resilient, assertive, and creative.



TCV MH/MR, Inc. at the PCPA Conference

The Pennsylvania Community Provider's Association (PCPA) held its fourth annual lobby day at the State Capitol on June 6th. About 55 TCV staff, consumer and family members went on the trip and joined over 300 people to participate in the day's events which included legislative visits and a press conference in the Capitol's Main Rotunda. The group toured the capitol and some received packets containing PCPA's budget position, seeking equity in public health cost-of-living adjustments (COLAs). At the press conference Senators spoke in their support of COLA increases for organizations that provide MH/MR/D&A services. This was a great event for all who attended.



TCV staff and consumers (in red) on the Capitol steps

Special Olympics Season '05/'06

~Lindsey M. Considine

As the Special Olympics season comes to a close I just wanted to congratulate our very own **Mon Valley Special Steelers** on an impeccable season. Winning the gold medal in the basketball tournament 3 on 3 competitions and placing in every event in track and field has been a true accomplishment for both the athletes and coaches. This year welcomed new team members **Anthony Cornish** and **David Obiecunas**. We said good bye to **Michael Fish** and **Craig Goughnour**.

We would like to extend a special thanks to **Joe Edwards** who began coaching in place of Craig. The Mon Valley Special Steelers appreciate you stepping in at such short notice. Your efforts will not be forgotten. I also want to thank all the family and friends who have helped out during this 2005/2006 season. Everyone from the athletes to the coaches to the family and friends has made this a wonderful experience for a truly great team. I am looking forward to seeing everyone again in the fall.

8th Annual TCV Toward a Brighter Future Golf Outing

Just a reminder that the golf outing will be held in just a couple of weeks, on August 8th at **Southpointe Golf Club** in Canonsburg!

As in previous years, we need the help and support of golfers and sponsors. Please join us by sponsoring at a level that best represents your support of the TCV MH/MR, Inc. mission!

Sponsorship levels include:

Title - \$5000, **Platinum** - \$2,500, **Gold** - \$1,500, **Silver** - \$1000, **foursomes** - \$600, **individual golfers** - \$150, **lunch only** - \$50, **table sponsorship 1** (display your company's literature)- \$350, **table sponsor 2** (lunch table for 8 people), **program ad** - \$250 and **hole sponsors** - \$125, **beverage cart sponsor** - \$500 (includes 1 free golfer) and **putting contest sponsor** - \$500 (includes 1 free golfer). We are also happy to accept any monetary donation or gift certificate donations. All donations will be acknowledged in the program.

All golfers will receive green fees, cart, locker and bag service, free drinks on the course, two meals (breakfast and lunch), door prizes and awards.

If you have any further questions, or would like to participate, please contact Kimberly Mroziak at **412-351-0222 x420**. A golf brochure can also be downloaded from the News and Events section of our website, www.tcv.net.

This is a very challenging year for TCV financially, with the Governor cutting our budget in several areas. We hope that you will be able to support us so that we can continue providing well needed services to our clients so that they can continue to strive *Toward a Brighter Future*.

EITC Tax Credit Program

TCV MH/MR Inc. was recently approved by the Pennsylvania Department of Community and Economic Development for the Educational Improvement Tax Credit Program. This program allows companies to make a contribution to TCV MH/MR, Inc.'s Educational Improvement Programs and receive a 75% tax credit for a one-year commitment and a 90% tax credit for a 2-year commitment.

In order to be able to participate in the EITC program, a business must be authorized to do business in the Commonwealth of PA subject to the following taxes:

- Corporate net income tax
- Capital stock franchise tax
- Bank & Trust Co. shares tax
- Title insurance company's shares tax
- Insurance premiums tax, or
- Mutual thrift institutions tax

Your organization is eligible to apply for Pennsylvania's Educational Improvement tax credits, allowing your company to participate in the TCV MH/MR, Inc. Educational Improvement Project.

This is a great opportunity for local businesses to support the academic success of students participating in community programs. TCV's three innovative educational improvement programs have been approved for participation in the Tax Credit Program:

- The After School Program provides students with enriching educational experiences in a variety of field settings outside of school.
- Finding Academic Success (FAST) is a program for high-risk students. The program will address risk factors related to academic failure and will promote academic success through youth involvement in cultural enrichment activities, enhanced academics and mentoring.
- The Teens Engaged & Attaining Mastery (TEAM) program is designed for high school students, grades 9 through 12, who are at risk of school failure and dropout. The program will provide an opportunity for students to develop enhanced academic competencies with a strong vocational focus.

A limited number of tax credits are available each year, and not every business that applies is approved or eligible. The PA Department of Economic Development begins processing applications in late June of every year. If you are interested to see how your company can participate in this program in 2007, please contact either Judy Monahan Grystar or Kym Mroziak at 412-351-0222 x420.

Looking to hire qualified individuals to fill positions at your company?

~Amy Sljva-Blystone

TCV's Employment Services Department would like to hear from you. We develop community employment opportunities for people with mental health disabilities while helping employers to fill essential positions. We work with adults who are at least 18 years of age, have a minimum of a high school diploma or GED and have work experience or the motivation to be competitively employed.

To qualify for recruitment assistance employers must 1.) Be willing to meet with an employment specialist to discuss job functions and preferred work hours and 2.) Interview pre-screened candidates to fill your employment needs. All of our services are at no cost to you. To learn more about all of the services we provide, please contact **Amy Sljva-Blystone** at (412)461-4100 ext. 714.

Congratulations Outstanding TCV MH/MR, Inc. Employees!!!

June 2006: Kym Mroziak, Michelle Lee Wangler and Pinky Danchak

July 2006: Bernie Galanko, Dee Guidish and Melanie Milko

Donate your vehicle to TCV MH/MR, Inc.!!!

General vehicle preferred guidelines:

- Car in running condition with valid title and inspection.
- Minimal rust penetration (we have no body shop).

The rules are not set rules, but preferred guidelines.

We are generally not interested in "parts/salvage cars," as storage space is limited.

WE DO TAKE ALL CARS! Pick up is free. Your donation is tax deductible. We can also accept trucks, boats, campers, and motorcycles. TCV is partnering with Community Auto, a 501c3 PA nonprofit and licensed auto dealer to process your vehicle. Community Auto's mission is to sell reliable vehicles to needy persons for transportation to work. 75% of the vehicle proceeds, after expenses will be returned to TCV. **To donate a vehicle... Call us at 412-351-0222 x420.**

Please remember to ask your family and friends to designate Turtle Creek Valley MH/MR, Inc. as the recipient of their United Way gift through the Contributor Choice option when completing the United Way form, or donate online at

www.unitedwaypittsburgh.org.

TCV's United Way code is #136

A copy of the official registration and financial information of Turtle Creek Valley MH/MR, Inc. may be obtained from the PA Dept. of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Requests for additional information should be directed to Kimberly Mroziak, 723 Braddock Avenue, Braddock, PA 15104, (412)351-0222 x420, email: KMroziak@tcvmhmr.org

TCV MH/MR, Inc. News

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Non-Profit Organization
U.S. Postage
PAID
Braddock, Pennsylvania
Permit No. 13

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